Fizeek

AUGUST
1960
Number 8
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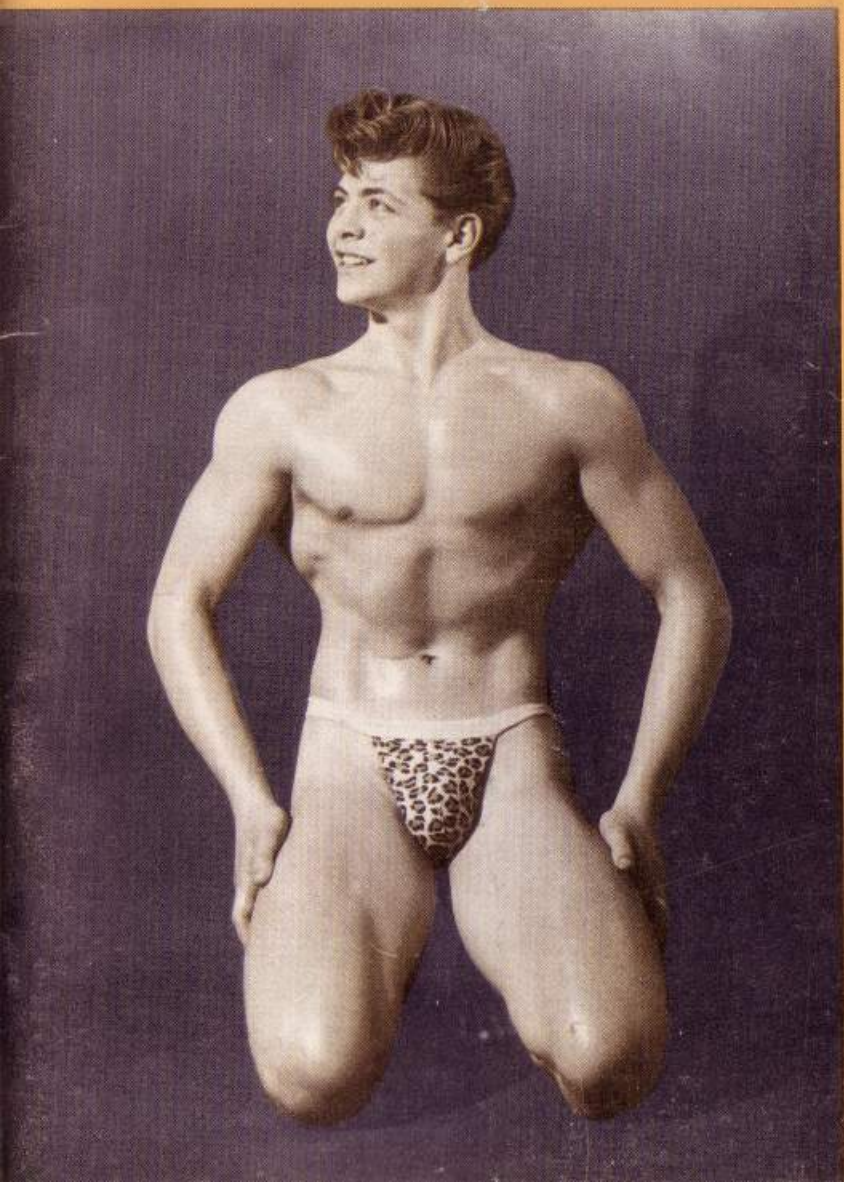
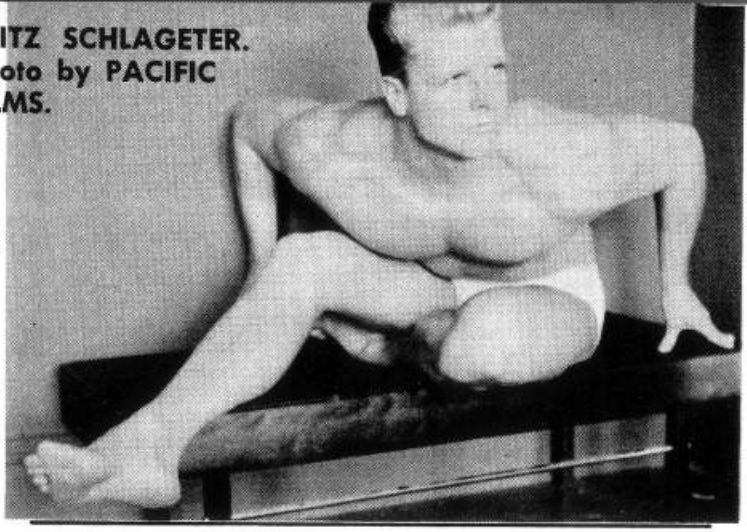
PRESENTING THE BEST IN
PHYSIQUE ART AND PHOTOGRAPHY



Well known NYC body builder FRANK LOMBARDO, in a photo by JACK SIDNEY.

FRITZ SCHLAGETER. Photo by PACIFIC FILMS.



COVERMAN: Back again, 15 year old John Kemper has made great progress in body building in the last three months. See center spread for more of John. Photos by BOB ANTHONY.

FIZEEK • Number 8 • August 1960

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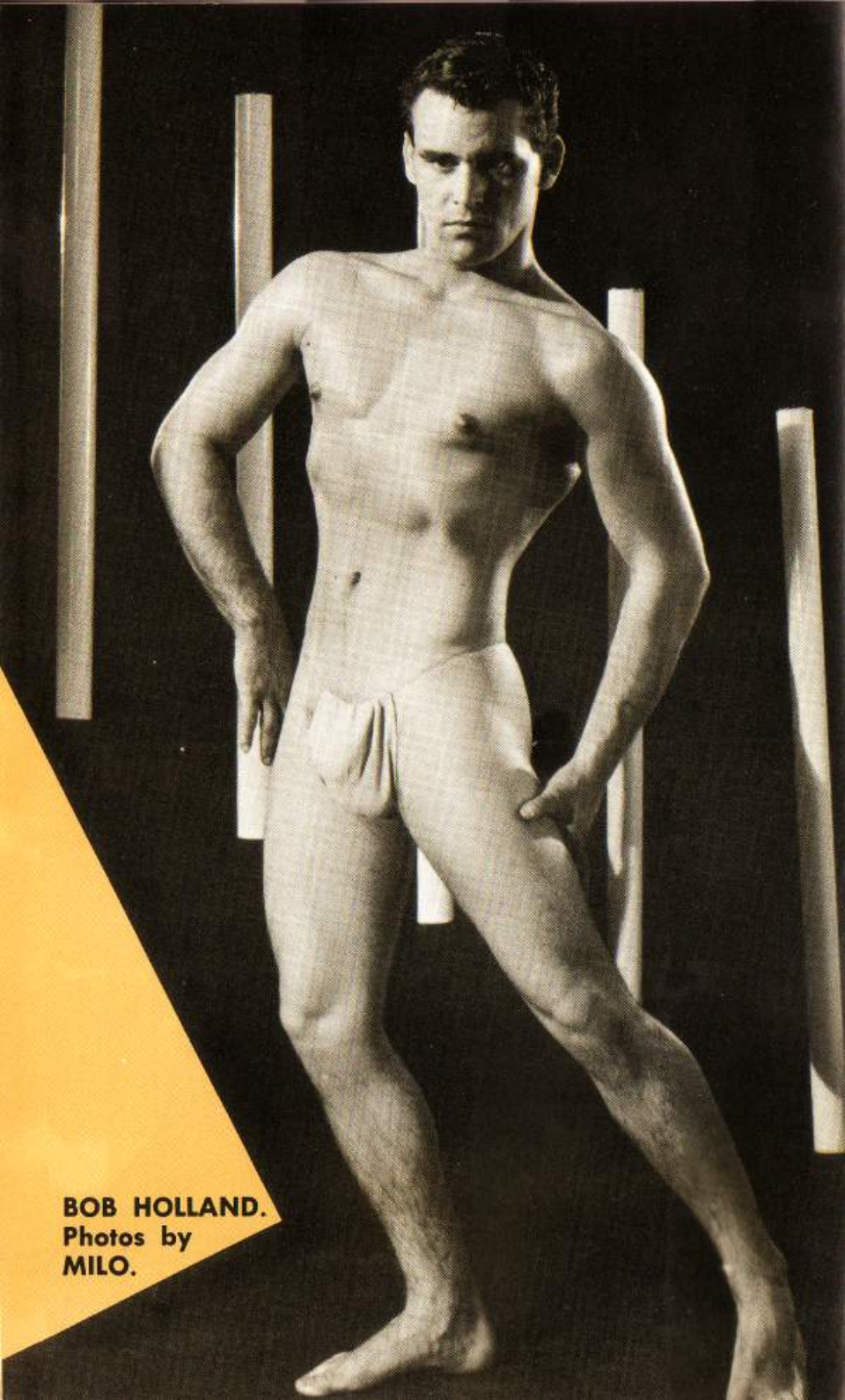
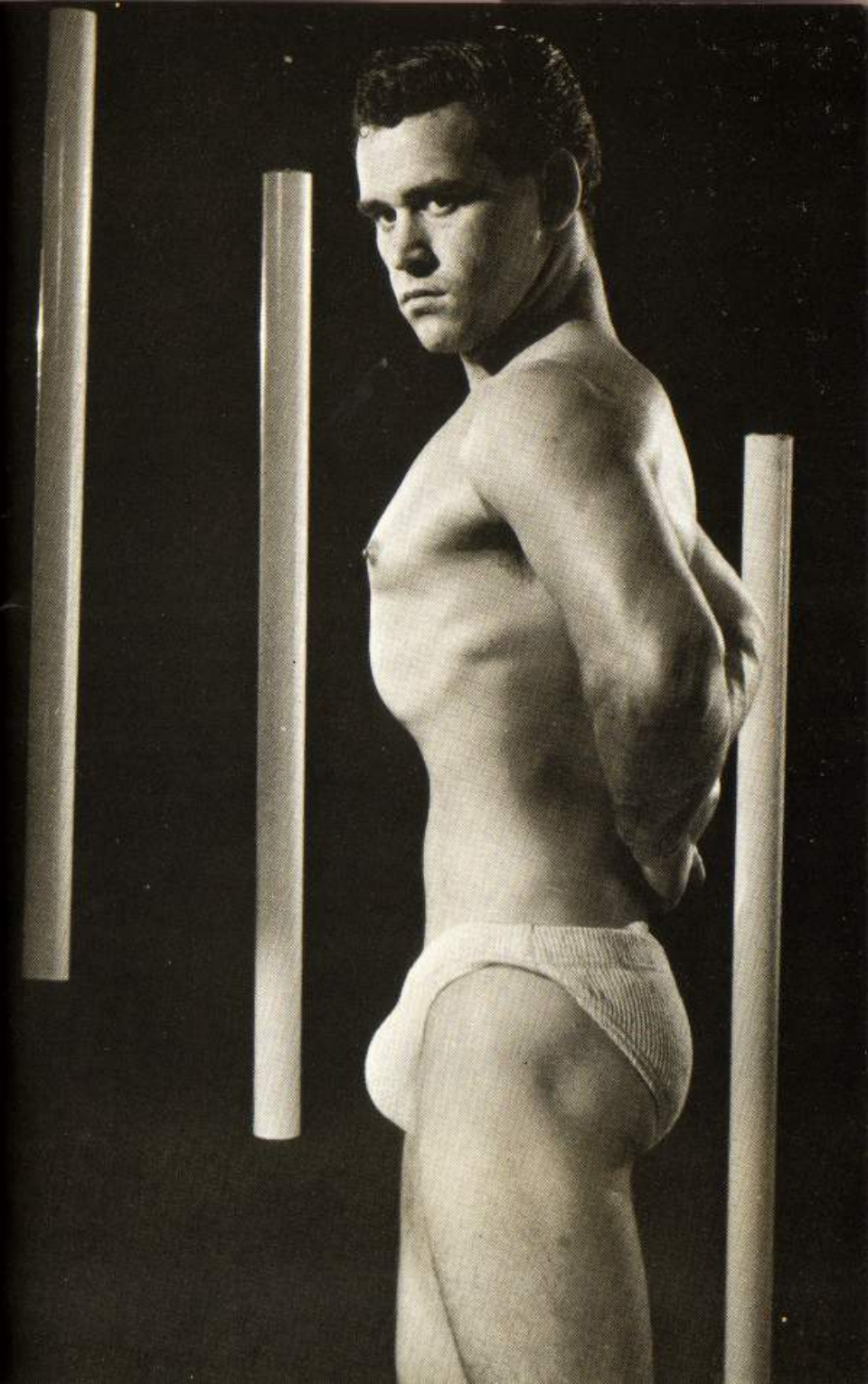


BOB HOLLAND.
Photos by
MILO.



Editorial

You MUST HELP FIGHT THE NEW McCARTHYISM *NOW*

WHY: Because we are confronted with a politician turned censor; a man possessing the mentality of an Anthony Comstock; a McCarthy monomania regarding sex, and a messianic complex.

• He was not elected to his office and although the courts have sharply criticised him and labeled his actions "extreme," his self appointed campaign has been intensified rather than abated.

• Only an Anthony Comstock would maintain, as has and does the Post Office Department, that Goya's "Maja Desnuda" is nothing more than "obscene, lewd, lascivious, indecent, filthy and vile matter."

• This collection of partisan politicians and Civil Service hacks has the effrontery, even after two Federal Courts have ruled to the contrary and severely rebuked them in the process, to seek further court action in the case of "Lady Chatterley's Lover" on the grounds that it also is "obscene, lewd, lascivious, indecent, filthy and vile matter."

• The new monomania regarding sex is repulsive to anyone with a modicum of intelligence. Even so-called "Girlie" magazine is bad because it stresses heterosexuality and every other kind of magazine of which they disapprove is bad because, according to them, they have a homosexual emphasis.

• The messianic emphasis is beyond belief. In brief, it runs somewhat like this: America is engulfed in an ocean of obscenity, obscenity is anything which the POD does not like, all who oppose the actions of the POD are Communists and/or perverts, this is a Communist inspired activity to demoralize America, we cannot depend upon the Courts to save America from this "Red Menace" because the Courts, particularly the Supreme Court, are too liberal, THEREFORE, the Post Office

Department, by opening First Class Mail, turning first class mail containing nude photographs over to local authorities instead of the person to whom it is addressed, arbitrarily closing Post Office Boxes on which rent is paid by individuals who have never been involved in any Post Office Action, having Postal Inspectors visit employers of part-time photographers, and any number of other illegal actions, WILL SAVE AMERICA FROM THE IDENTICAL EVILS OF OBSCENITY AND THE RED PLOT TO UNDERMINE AMERICA.

WHY: Because, without any prior authority, taxpayers' money is being used to hire an untold number of "expert consultants" at $50.00 per day plus expenses to spread hysterical exaggerations and arrant nonsense in a frantic effort to consolidate the support of the religious fanatics, bigots, intense moralists and other segments of the vast lunatic fringe that must have scape-goats and victims to feed upon and "causes" both deserving of their blind and irrational support and compatible with their demands for absolute moral, literary and artistic values.

These are the same groups which clustered about the Late Senator McCarthy.

The stated qualifications of these "Consultants" consist of motherhood, having been defeated as a Republican candidate for Congress and being the widow of a Republican Congressman.

Unfortunately, many sincere and well-meaning individuals have been deliberately deceived by these "experts" and now believe this Post Office Department deluge of exaggeration and deception to be true.

CAN THIS NEW McCARTHYISM BE STOPPED?

Emphatically, YES! The POD has devised elaborate procedures whereby its victims must go through years of so-called "Administrative Remedies," during the process of which they are put out of business, drained of all funds and confronted by an army of "hired experts" who spout the official line under the pretense that it is scientific information regarding which there is no question. Meanwhile, the POD grinds out press releases which are masterpieces of character assassination and only the most wealthy and determined individual can

withstand this barrage. Under these circumstances, the POD almost always wins. After all, the public treasury is more than ample for this activity.

However, the POD has a dismal record in the courts. Fortunately, American Citizens can rely upon the Courts of Appeal and the U. S. Supreme Court to put these self serving politicians and Civil Service hacks in their place.

WHAT MUST WE DO TO STOP IT?

A national organization, with paid legal counsel who is expert in these matters, which maintains complete files of all legal briefs which have been filed in such cases and makes these briefs available to attorneys throughout the country, consolidates reported violations of civil rights and Postal Regulations by the Post Office Department, and *actively* lends its financial support to those cases in which the principles involved have implications for other cases, CAN fight this new menace by making certain that individuals and firms are able to secure their Constitutionally guaranteed remedies in the U. S. Courts.

WHAT CAN YOU DO,

Join the fight *now!* Assert your belief in the Constitution and Bill of Rights, your faith in a Democratic Society, and a government of law rather than men, by joining the LEAGUE FOR THE ABOLITION OF POSTAL CENSORSHIP.

Yearly membership not only entitles you to the NEWSLETTER and Annual Financial Statement, but is an assertion of your faith in the ultimate triumph of democracy over demagogery.

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LEAGUE FOR THE ABOLITION OF POSTAL CENSORSHIP
Post Office Box 1647, Washington 13, D. C.

Sunshine Builds Body Health

by
CARLSON WADE

(Final Installment)

In cautioning about over-ambition in getting a suntan, Dr. Herbert J. Wilcox, Jr., points out, "Remember that it's possible to burn even on top of a tan so don't ever increase your exposure time drastically. Never use soap or hot water on any part of the skin that's even slightly red—it will remove natural oils and make the area painful, perhaps cause it to blister. To treat a sunburn, apply a wet dressing of mild Burrow's solution, or cover the burned area with white petroleum jelly."

Even though you may sit in the shade, sunshine reflection that bounces off flashing waves of water, glaring sand, even grassy ground, will expose you to at least one-half the power of direct sunlight. So take care—whether in the sun or in the shade. See to it that suntan lotion is properly applied to all parts of your body, front and back, for maximum protection. Ask a buddy to help apply lotion to those hard-to-reach parts of your body, and do the same for him.

Each year, millions are spent for artificial tranquilizing drugs and sedatives to help calm flurried nerves. Long ago, wise body builders recognized the values of the greatest natural tranquilizer that we have—sunshine. Here is a source of healthful, invigorating and even nutritional power that can heal, calm and soothe your body and your mind—and your only cost is to stretch out and receive the blessings of soft, soothing rays of caressing sunshine on your bare skin.

"To feel zippy again we must not drive ourselves harder," warns physician J. DeWitt Fox, M.D., "until we feel that about-to-drop feeling; rather, we should take a few moments off to give our bodies the chance to catch up, to repair and rebuild resistance, to snap back. Find a quiet place in the sunshine. Sit still; just think and be motionless. Drink in the sun's energy. Lean back and meditate on what a wonderful place this world is after all." Dr. Fox explains how wonderful you'll soon feel.

"Soon you'll feel your blood rushing to the skin surface and a ruddy, warm glow will pervade your very being. You will feel rested, relaxed. A wonderful feeling of well being and a man-it's-great-to-be-alive sensation will replace your half - dead - dragging - your - feet emotion."

Dr. Fox then emphasizes, "All this is yours when you but take time to let the sun shower its radiant energy upon your body and soul:

(1) New energy. (2) Vitamin D, made when the health-giving ultraviolet rays strike the oils in your skin, especially the face; this in turn flushes out the impurities from vital internal organs—liver, lung, kidneys, stomach. (3) Soothing relaxation which aids in repair of broken-down body cells. (4) That wonderful feeling of well-being that comes when we take time to mediate on God's goodness and enjoy His free gifts."

Sunshine rebuilds strength, brings sweet release to pent-up emotions, loosens taut nerves. Can you draw *any* comparison between natural sunshine to some sour tasting pill from a medicine bottle?

The sun is a boundless source of radiant energy that can be tapped simply by taking time to absorb its rays. It's the most healthful form of heat we have for bringing blood to the surface of your skin.

An adjunct of sunshine is the values of water. Since 70% of your body consists of water, this element is essential to maintain good tissue health. Too often, it is a temptation to stretch out in the sunshine for hours and become parched and dried. This weakens your body, reduces perspiration which cuts down on the manufacture of the oils beneath the surface of your skin which create bone and teeth building Vitamin D. Too many do not drink enough water with their meals creating a more severe deficiency.

When there is a lack of sufficient water in your body, your organs and muscles must work harder to perform

RAY FOWLE, 18, soaks up the California sun. Photo by ZENITH.

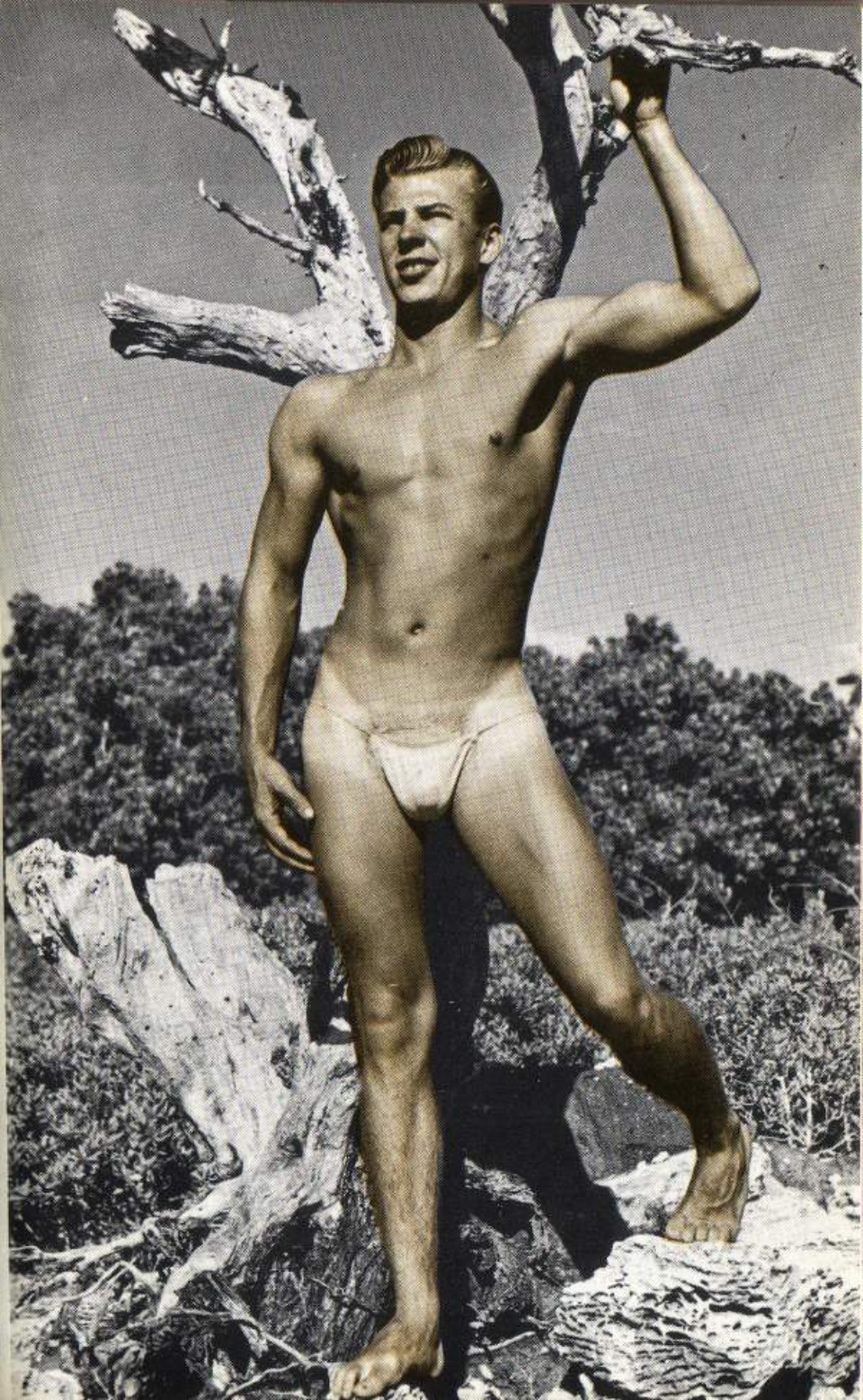
their processes. Dehydration, fever and illness may be caused if there is a great shortage of water. In addition to liquids from foods, drink a minimum of 7 glasses of water daily. Your body cells and tissues depend upon water and liquids for nourishment; they also need water to transport food to the cells and remove all waste materials in the water of the blood stream. Together with sunshine, water is another tonic of Mother Nature that will help build a strong and vigorous physique.

Gradually, as you become tanned, you'll feel rested, relaxed and burst with that joyous youthful sensation, coursing through your veins. All this is yours when you are properly suntanned. When you lift a barbell above your head, you'll be the admiration and envy of others. Your shoulder muscles will ripple, your bronzed arms will display a golden pair of bulging biceps, your hips and thighs will have that silky smooth honey-colored hue that adds to good health and good physique.

If you've been fortunate enough to be able to do nude sunbathing, compare yourself with others in the shower stall at your local gym locker room. Note how improved you look. Your torso has no white line that remained covered beneath a bathing suit. Your flanks are not "shocking white" in stark comparison to the rest of your golden tanned body. Others may have this white strip around their hips, but you'll be golden tanned all over—creating a picture of physical splendour and muscle development that is a pride of young manhood. Sunshine is available to all—for the taking!

THE END

Another devotee of sunbathing, JACK RHUEL, right, of Miami, has that "Florida tan." Photo by FLORIDA MODEL GUILD.



Bigger Biceps and Triceps By Better Bowling

by

CARLSON WADE

Part Three

Methods of scoring are simple. The more pins you knock down, the more is your credit. Your bowling alley superintendent will provide you with a special scoring sheet upon which you can put the name of each player—each one in his own alley—and the strikes each one makes. A group of you can form a team and visit a local bowling alley once a week to play. Make arrangements and reservations for as many alleys as you need in advance so no one will get left out.

There are rules of etiquette in bowling as anywhere else. Here are ten "don'ts" for better bowling technique which have been prepared for all beginners:

1. *Don't bowl unless you have proper rubber-soled shoes.*
2. *Don't use a ball before you've checked the correct finger span.*
3. *Don't rush to the foul line. Take your time.*
4. *Don't throw the ball with unnatural speed.*
5. *Don't twist your wrist while delivering the ball.*
6. *Don't keep your thumb behind the ball while delivering. Use the thumb hole at all times.*
7. *Don't withdraw any fingers first, other than the thumb, when delivering. The thumb goes in first, comes out first.*
8. *Don't release the ball until you have good balance.*
9. *Don't step in front of another fellow's alley, either while he's taking aim or otherwise.*
10. *Don't heckle or poke fun at another bowler's throw. You're playing in a team; ridicule will lose you playmates.*

FIVE STEP DELIVERY

1 Notice the definite heel to toe motion in the first step, which is with the left foot in the five step approach.

2 The pushaway of the ball begins just as the full first step is completed and heel of the right foot starts leaving the runway, preparing for the second step.

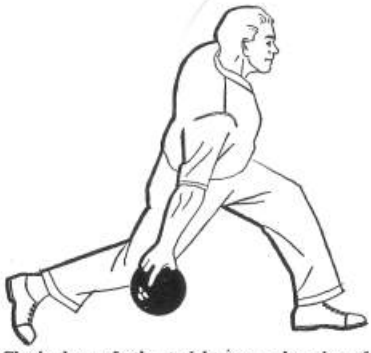
3 Ball continues to be pushed away from body as right foot readies itself further to come forward for the second step.

4 With the second step fully completed and the left foot ready to come forward for the third step, we find the ball at the lowest point of the back and downswing.

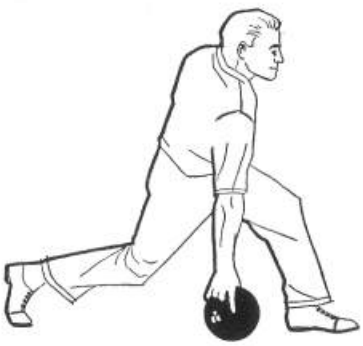
5 In the third step, the ball is almost at the height of the backswing. Note how low the left hand is carried, not only to this point but through the balance of the approach.

6 This is a truly fine illustration of the fourth step, with the body lowering at the knees, ball in perfect position, and everything in balance and prepared for the oncoming fifth and sliding step.

7 Body has been lowered considerably at the knees as the final step is being slid forward. Notice also how much room is allowed for that last sliding step.



8 Check the perfectly straight arm — lowering of the knees plus a slight shoulder drop has brought the ball to the correct distance from the floor for delivery. The hand is beginning to come around the ball in a counter clockwise motion.



9 Again here is a good shot of the thumb releasing first and the fingers then going on to put the "stuff" on the ball with a lifting motion.

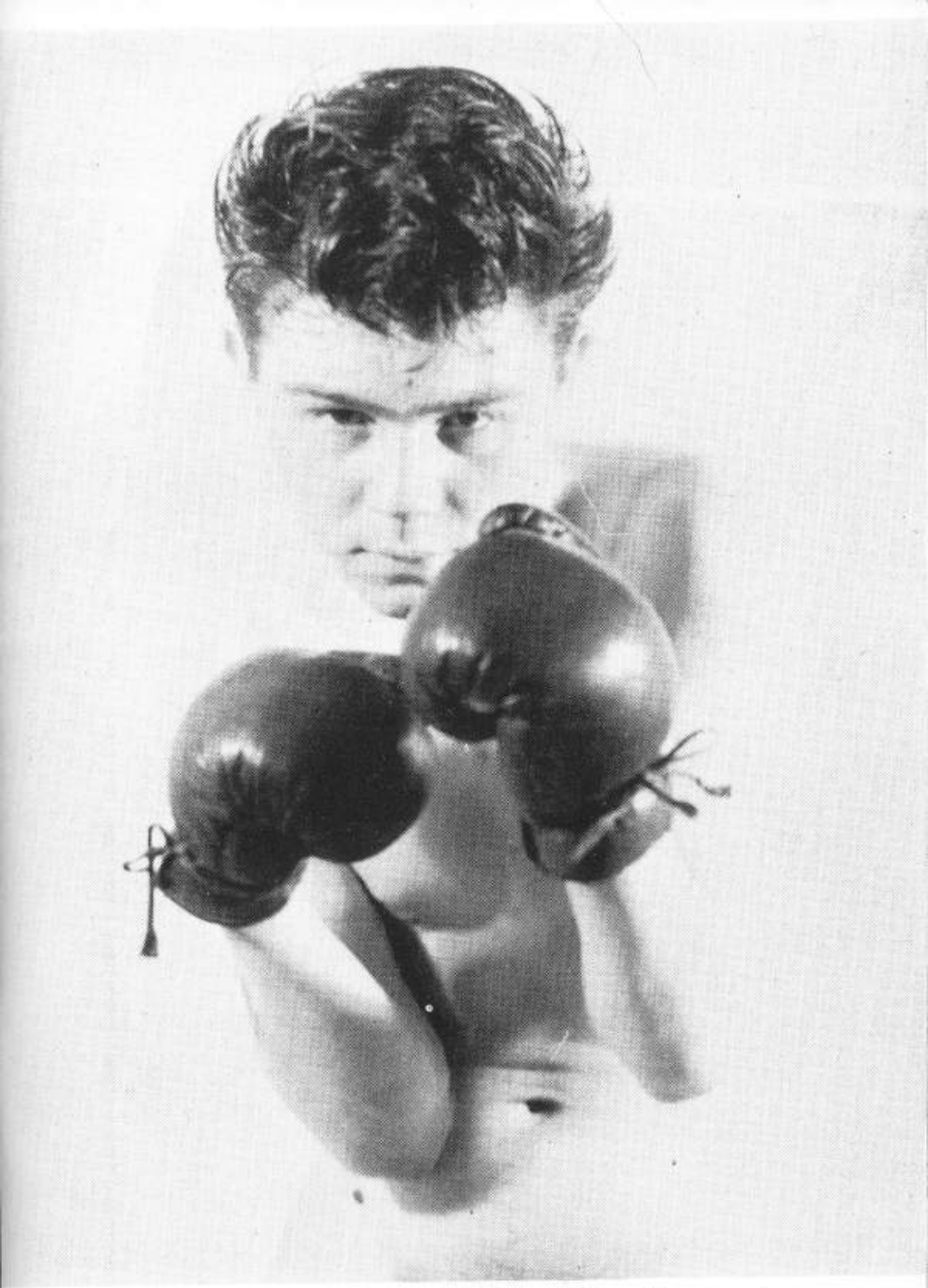
10 The lifting action of the fingers is accentuated by a slight cupping of the wrist which really gives the ball plenty of "side spin." Also, the ball swing has finally caught and passed the left foot.

11 The ball is on its way and the bowler has a fine follow-through and still balanced and poised at the finish of his very compact approach and delivery.

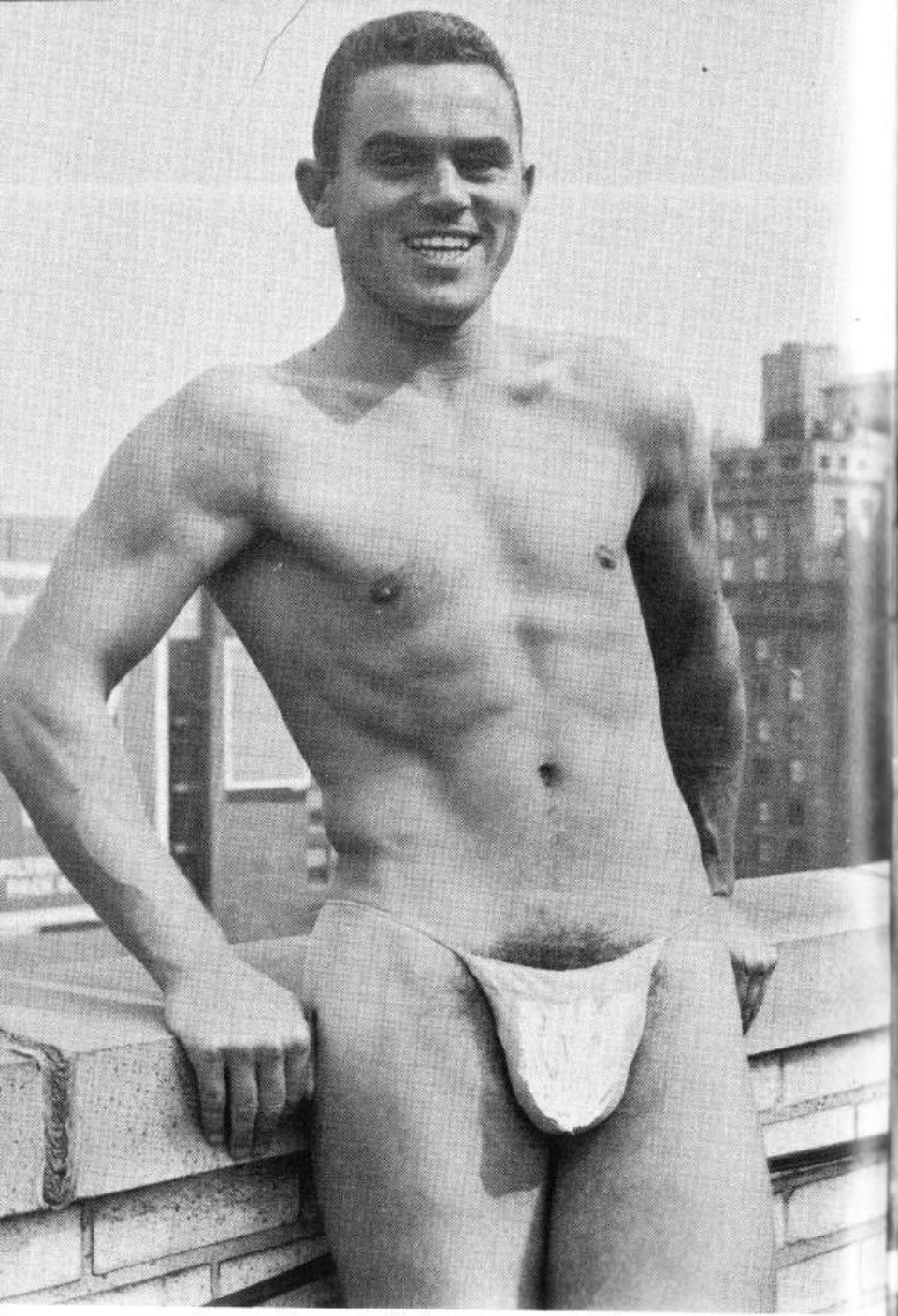
Bowling develops your powers of mind and muscle co-ordination. You have to think while making motions and practice helps to give you a good sense of balance. Muscle-development goes hand in hand with bowling. After two or three months, notice how your shoulders spread out; new power and strength is flowing through your arms and back muscles. And all the time, you've been having a lot of fun and good companionship.

FIZEEK wishes to express its deep appreciation to the American Bowling Congress for all photographs and sketches which have been used in this series of articles on Bowling.

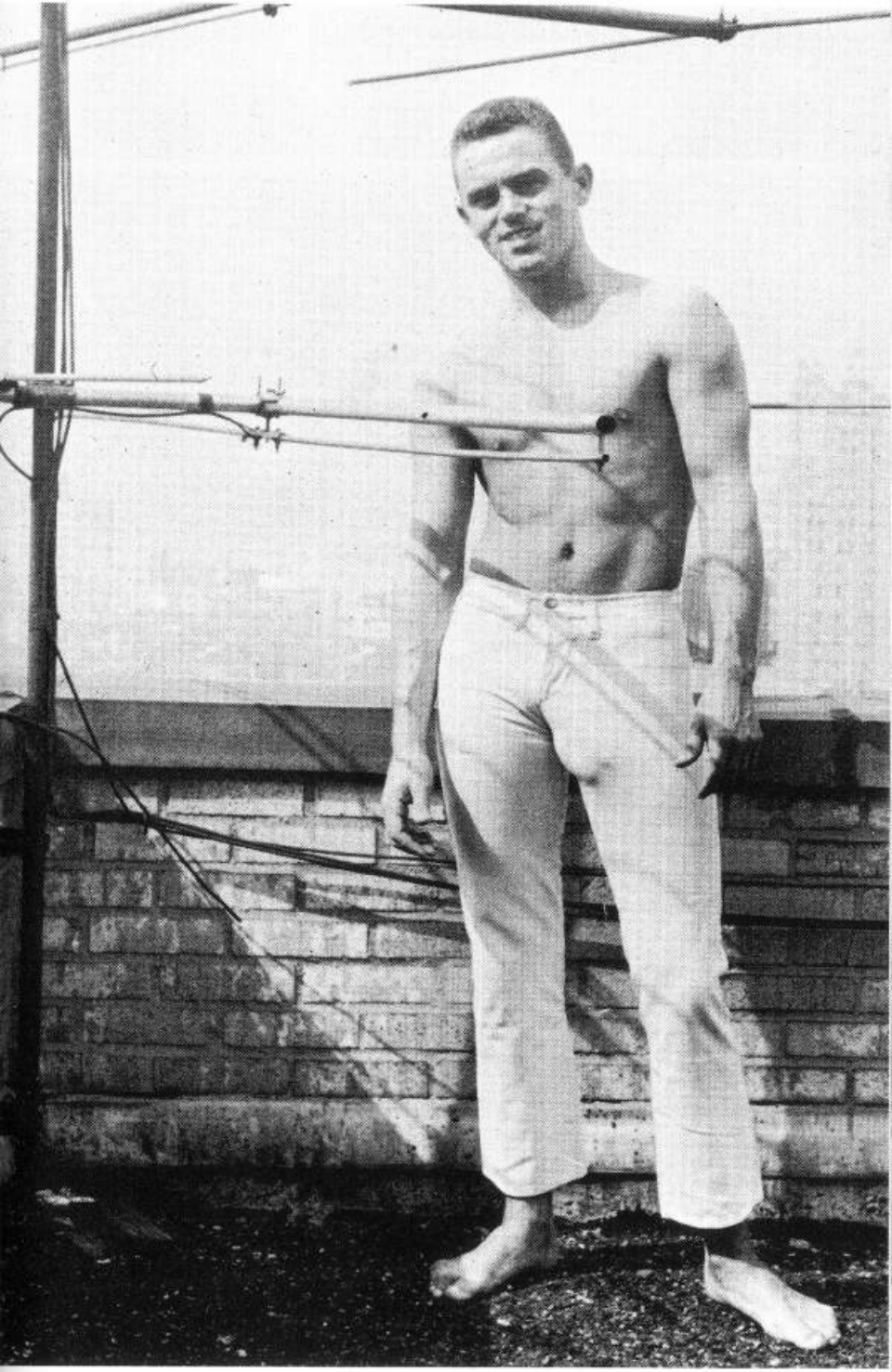
THE END

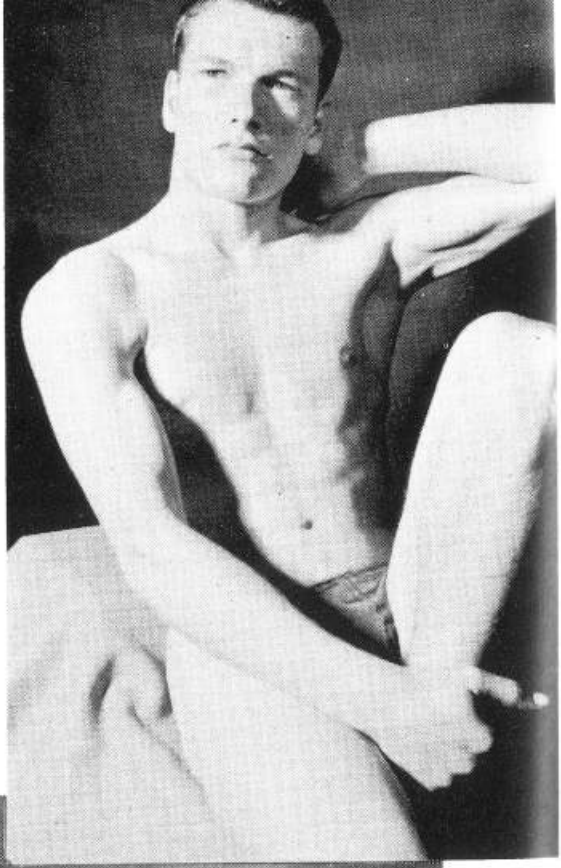


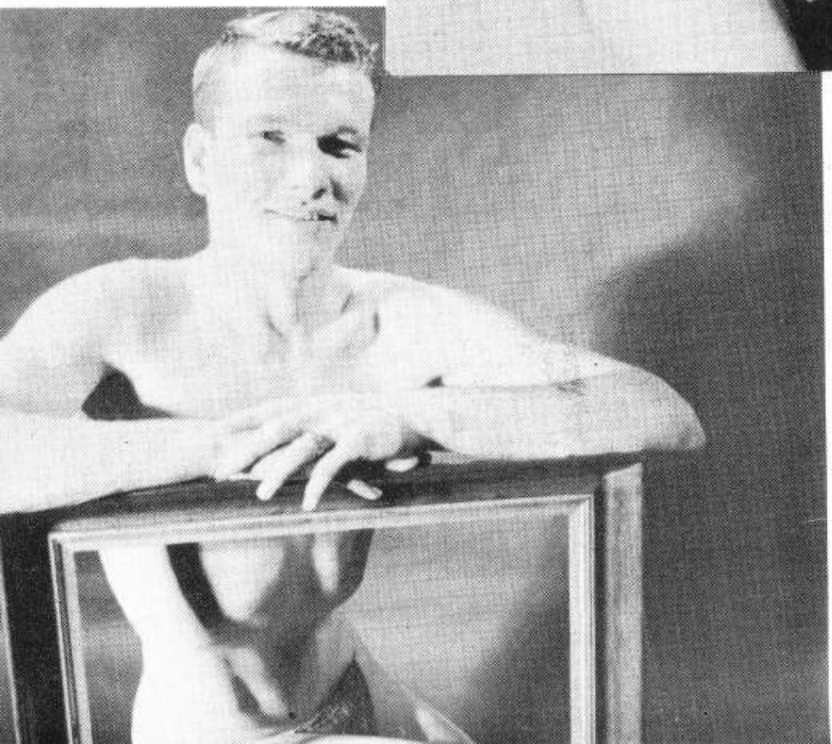
15 year old JOHNNY BRIAN of Manchester, England, is a leading lightweight boxer of that area. Photo by PAGAN.



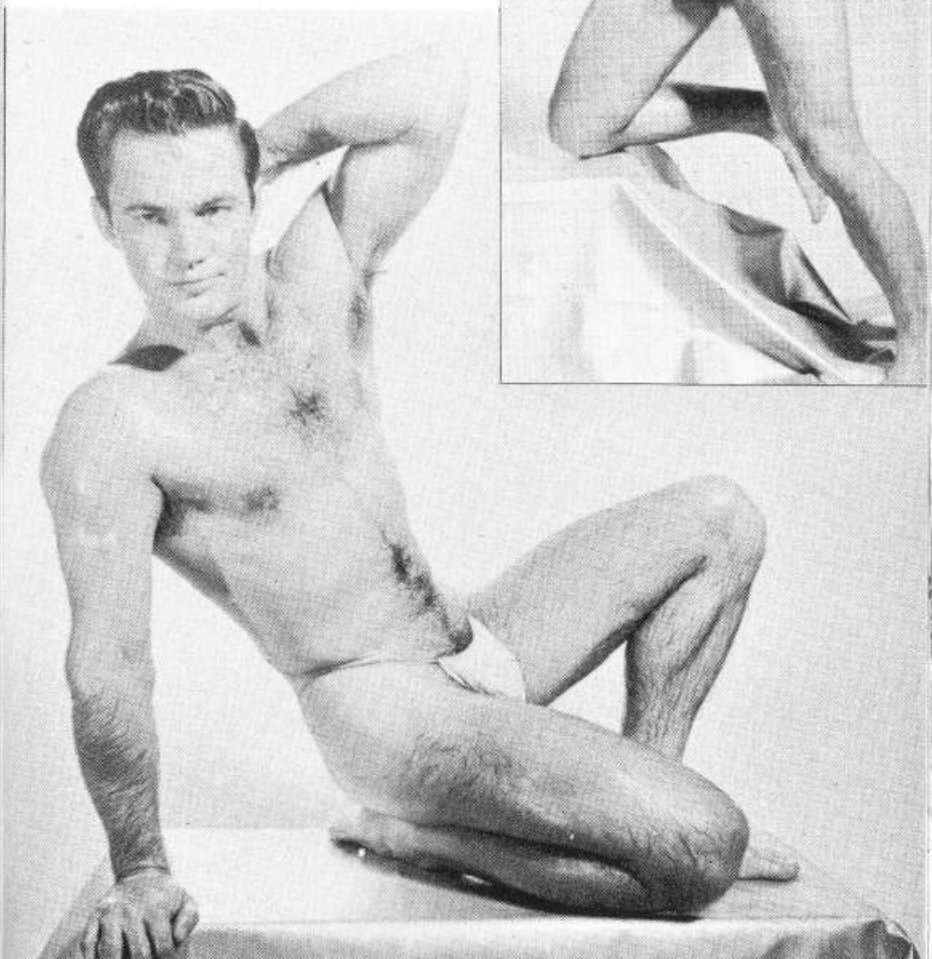
DON FARR, in photos by SCOTT.

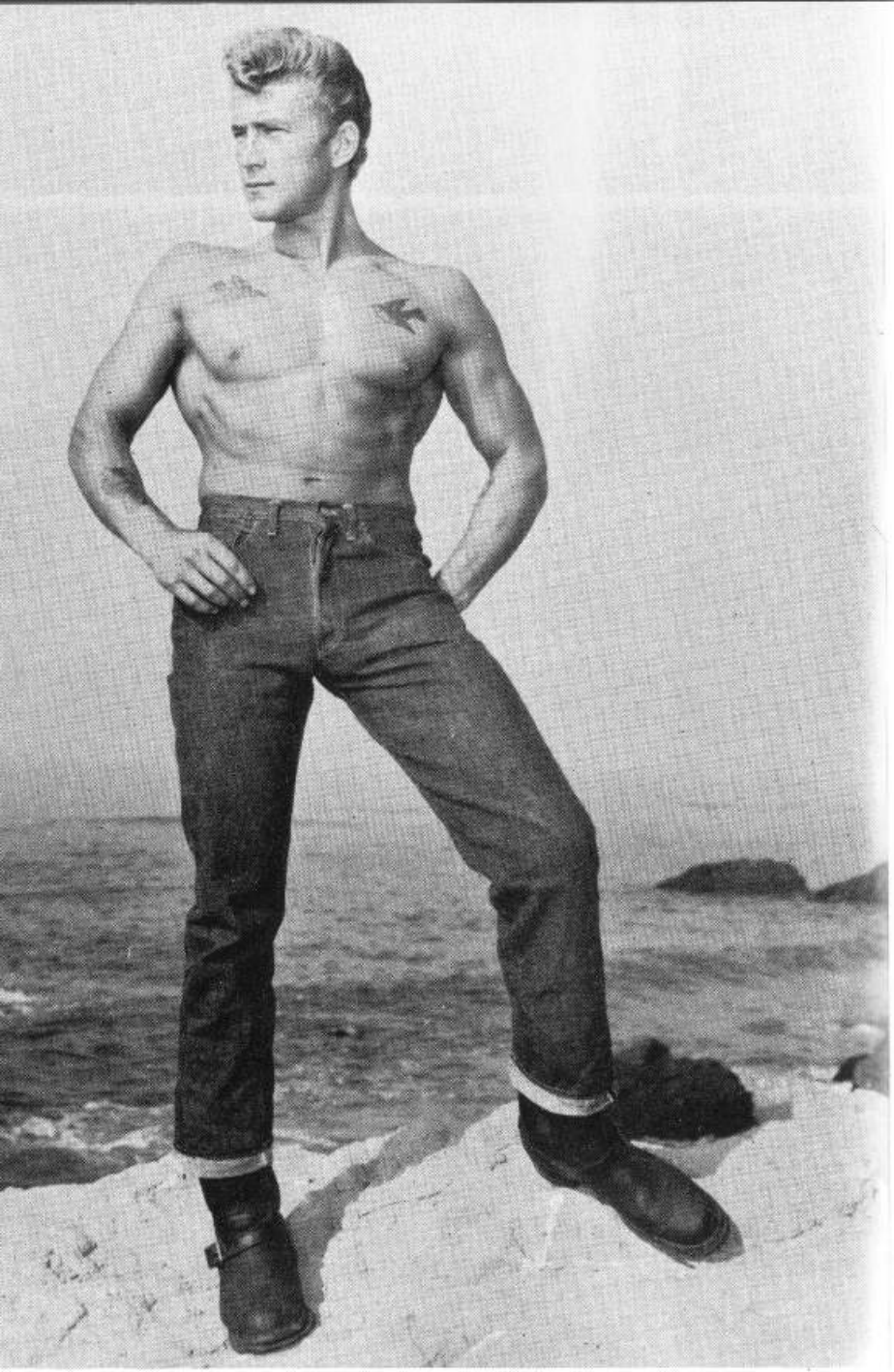




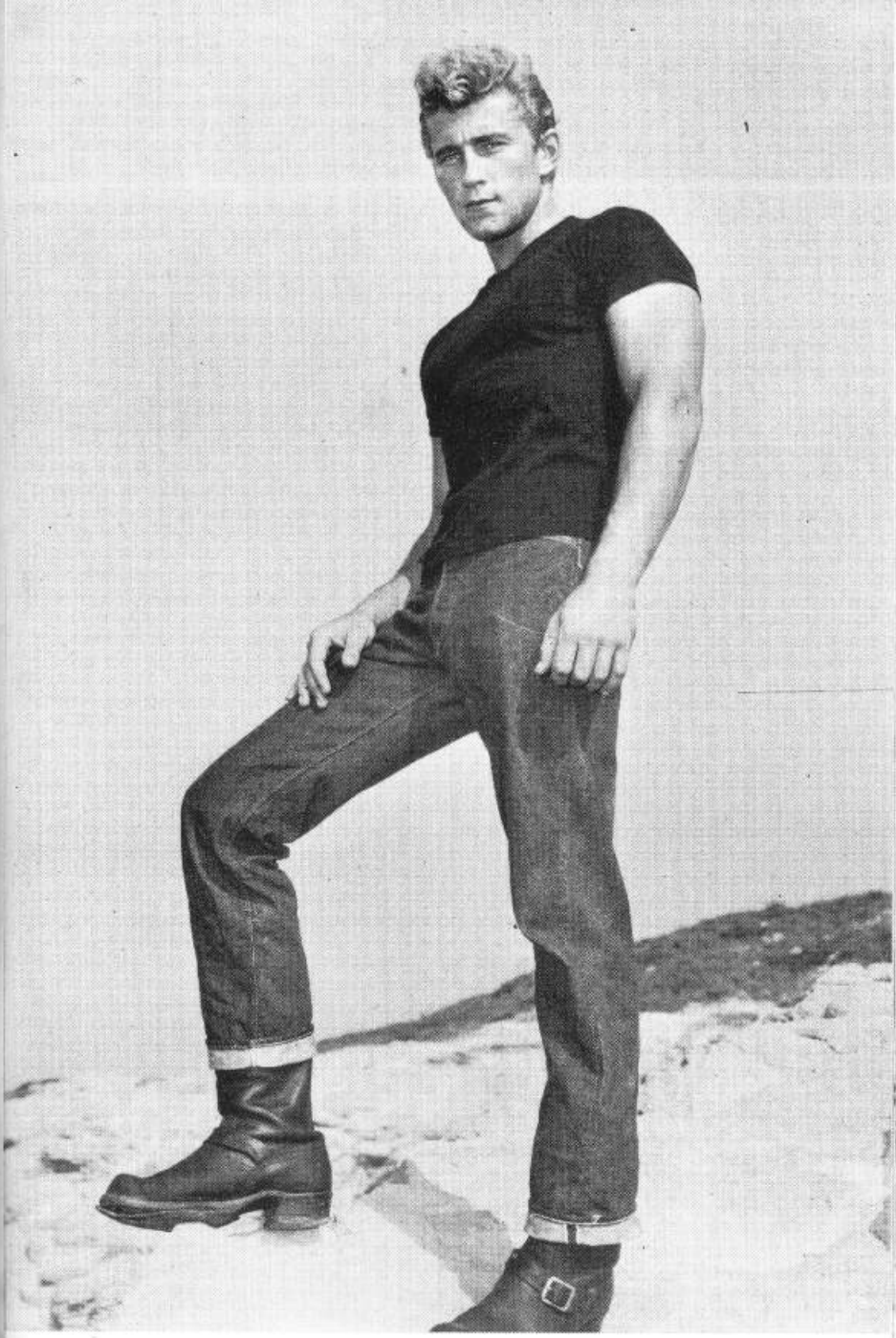


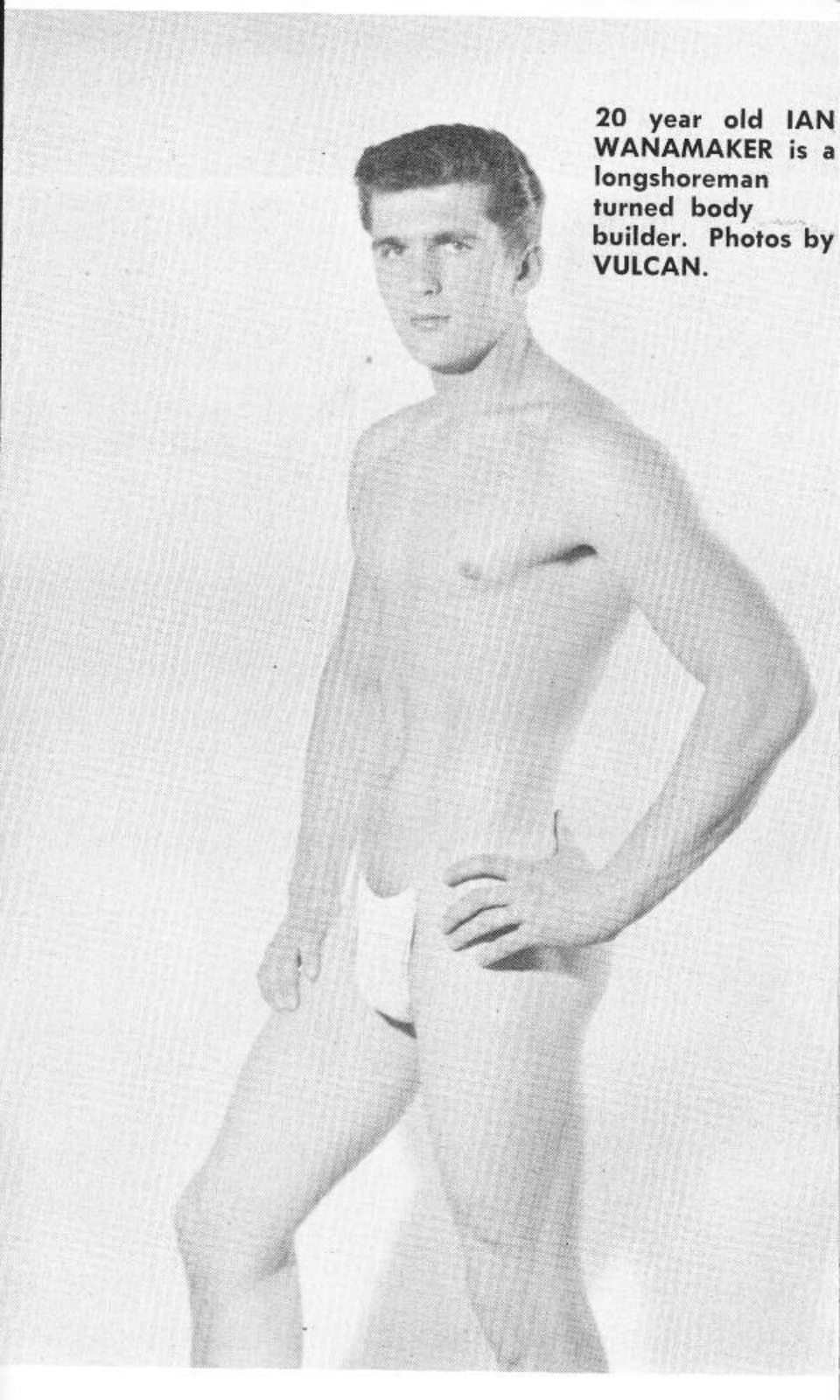
Two from TYC, home of youthful models—TOM GARRISON on our left, and TIM SAVAGE on our right and below. Tim is already a favorite with FIZEEK readers as a result of his earlier appearance in our pages.



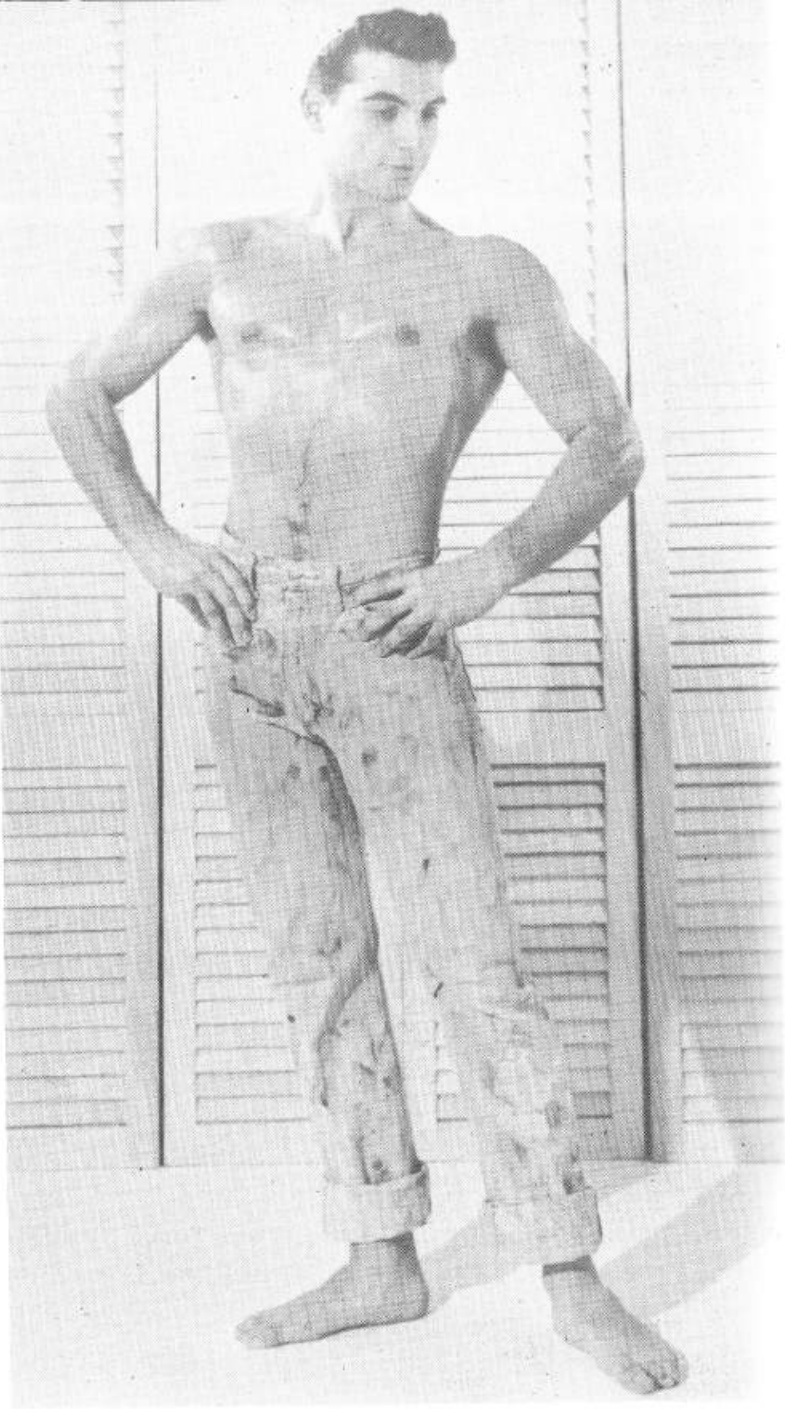


BOB ATHENS, 21, in photos by HOMBRE.

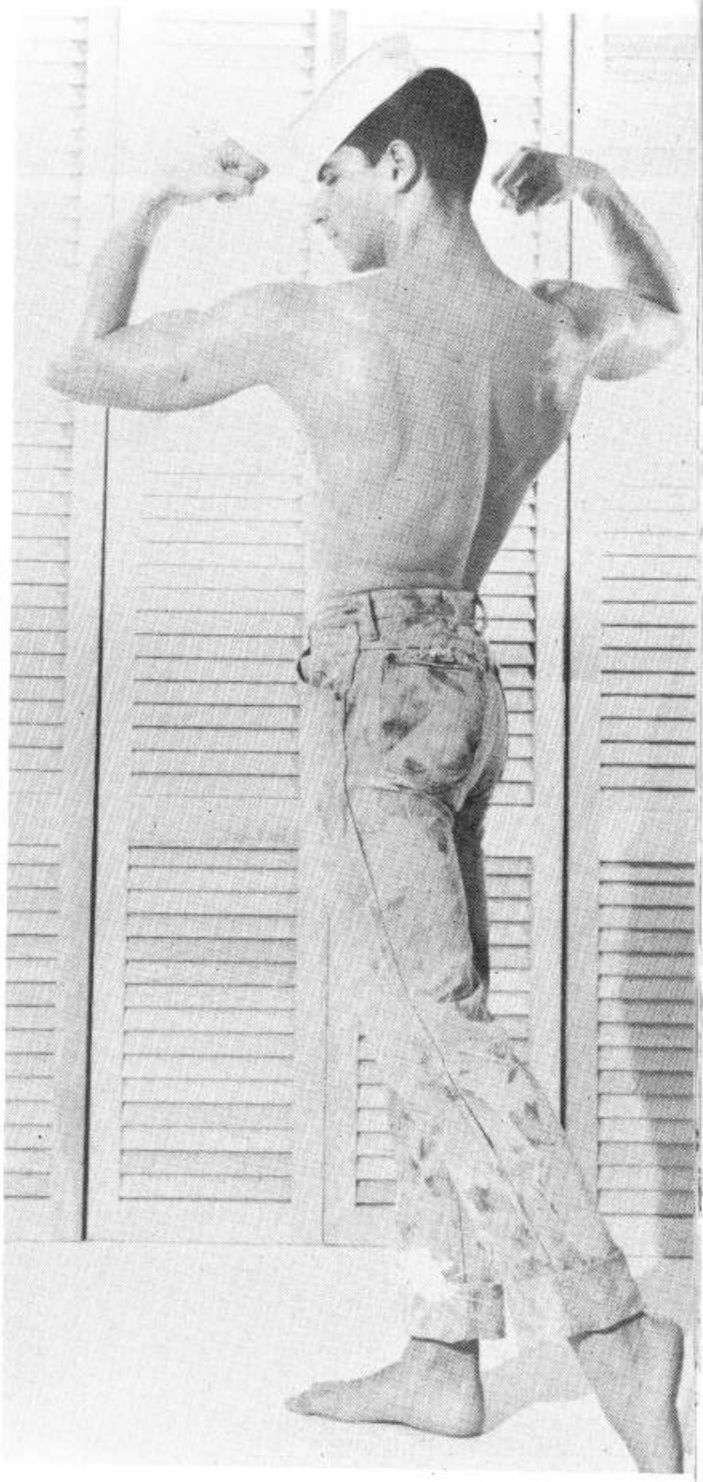




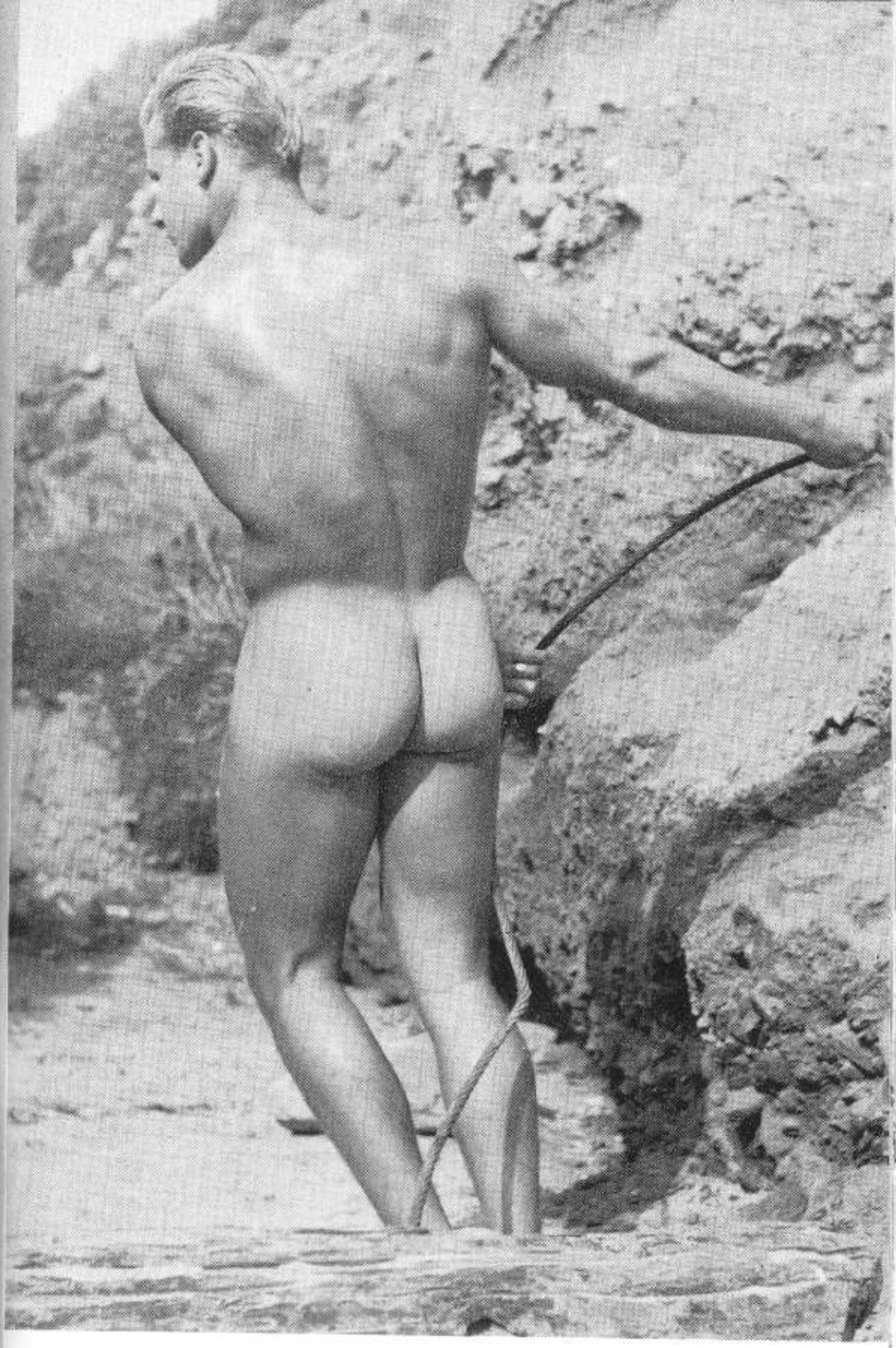
20 year old IAN WANAMAKER is a longshoreman turned body builder. Photos by VULCAN.

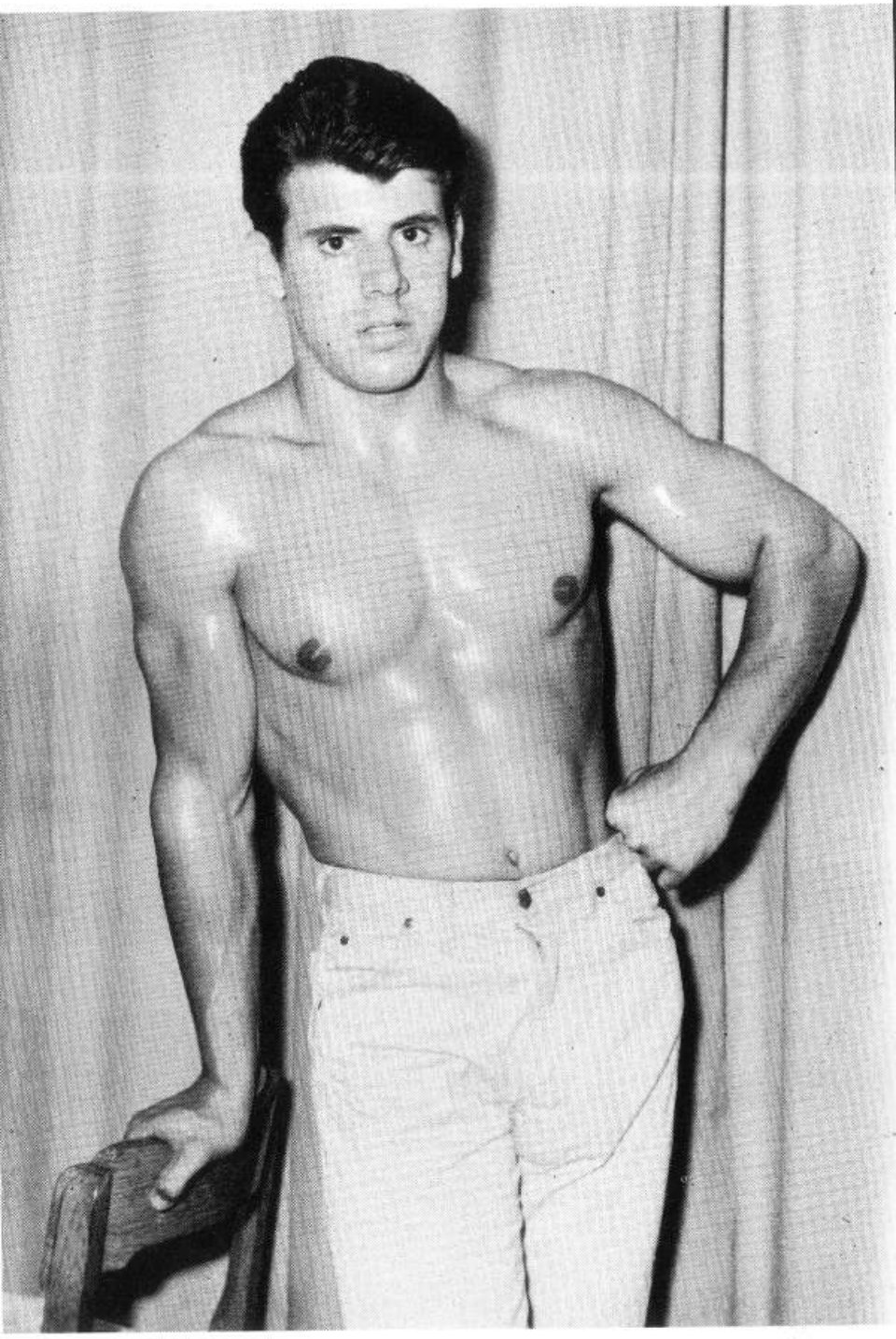


NYC body builder NICK GIUSEPPE, 18, in photos by ANTHONY.



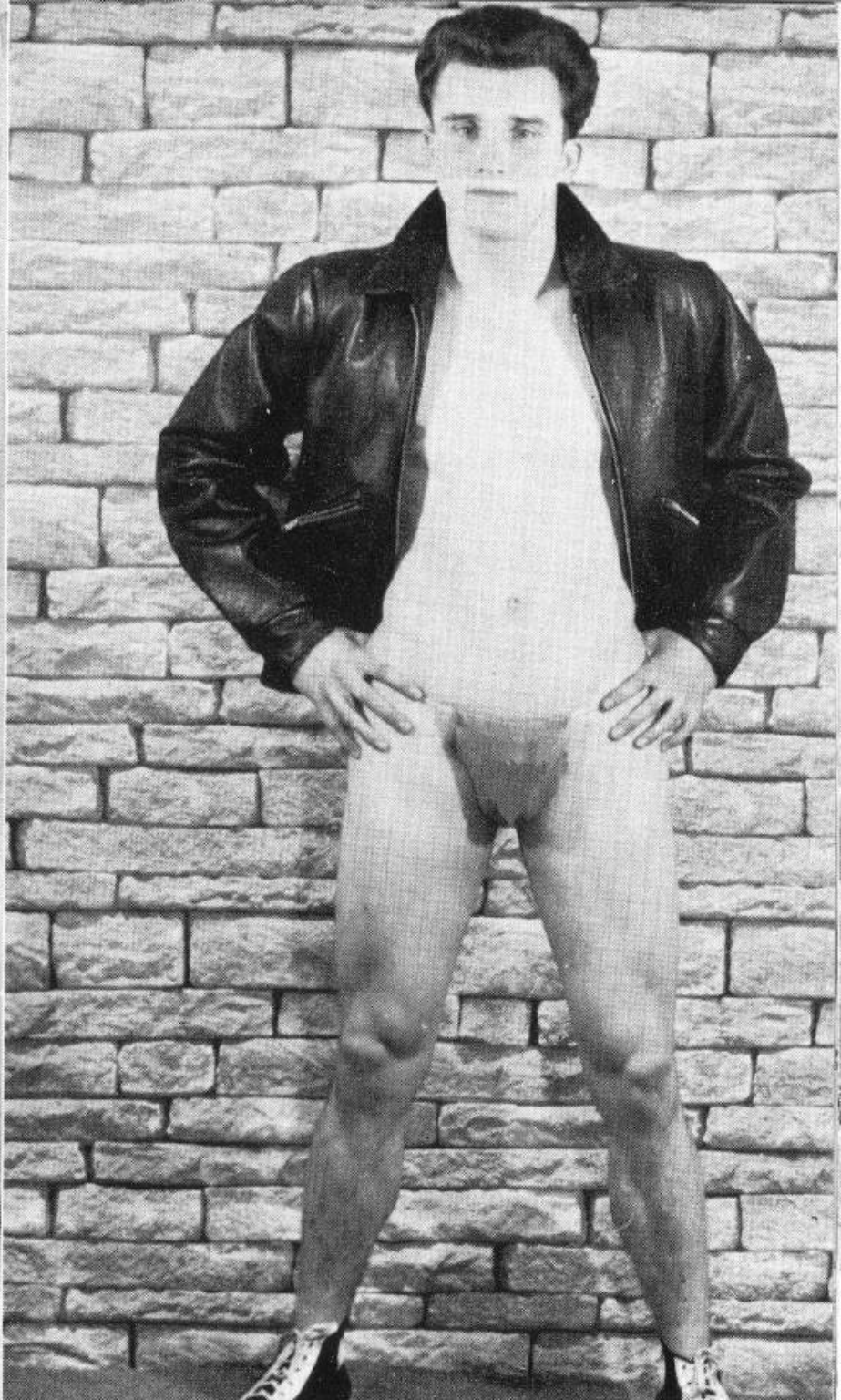
California body builder **HOWARD HEIDTMANN,**
in photos by SCOTT.

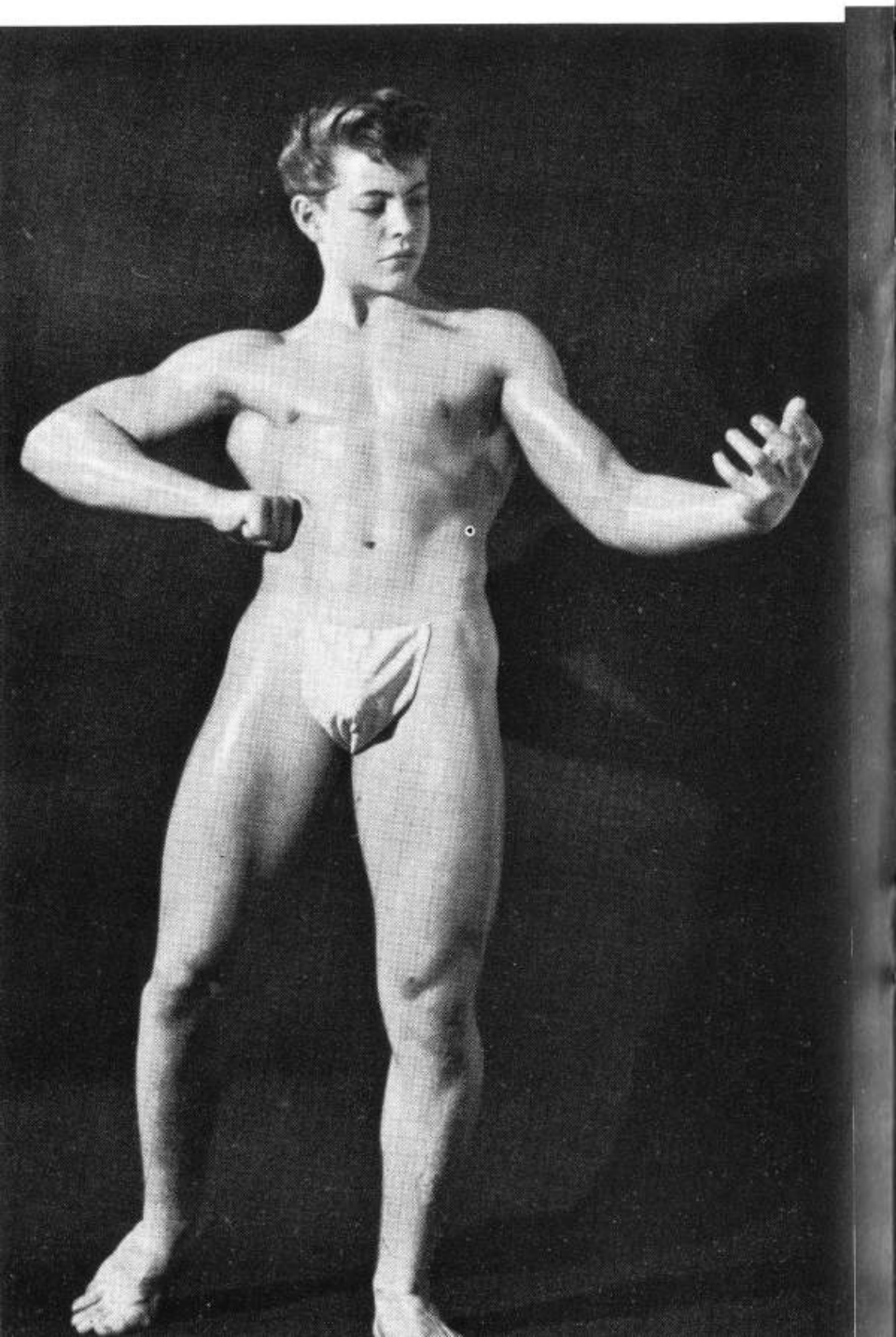


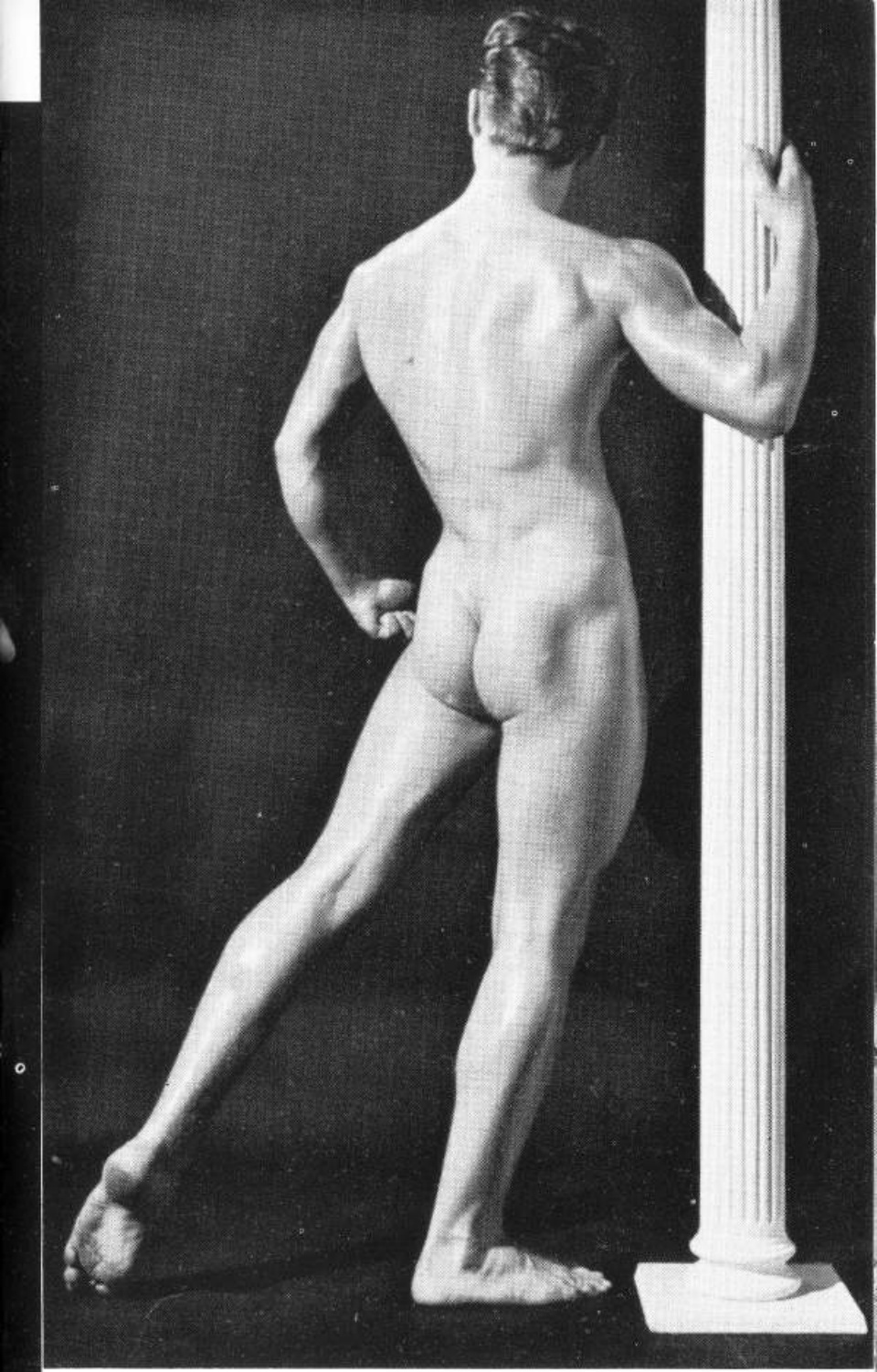


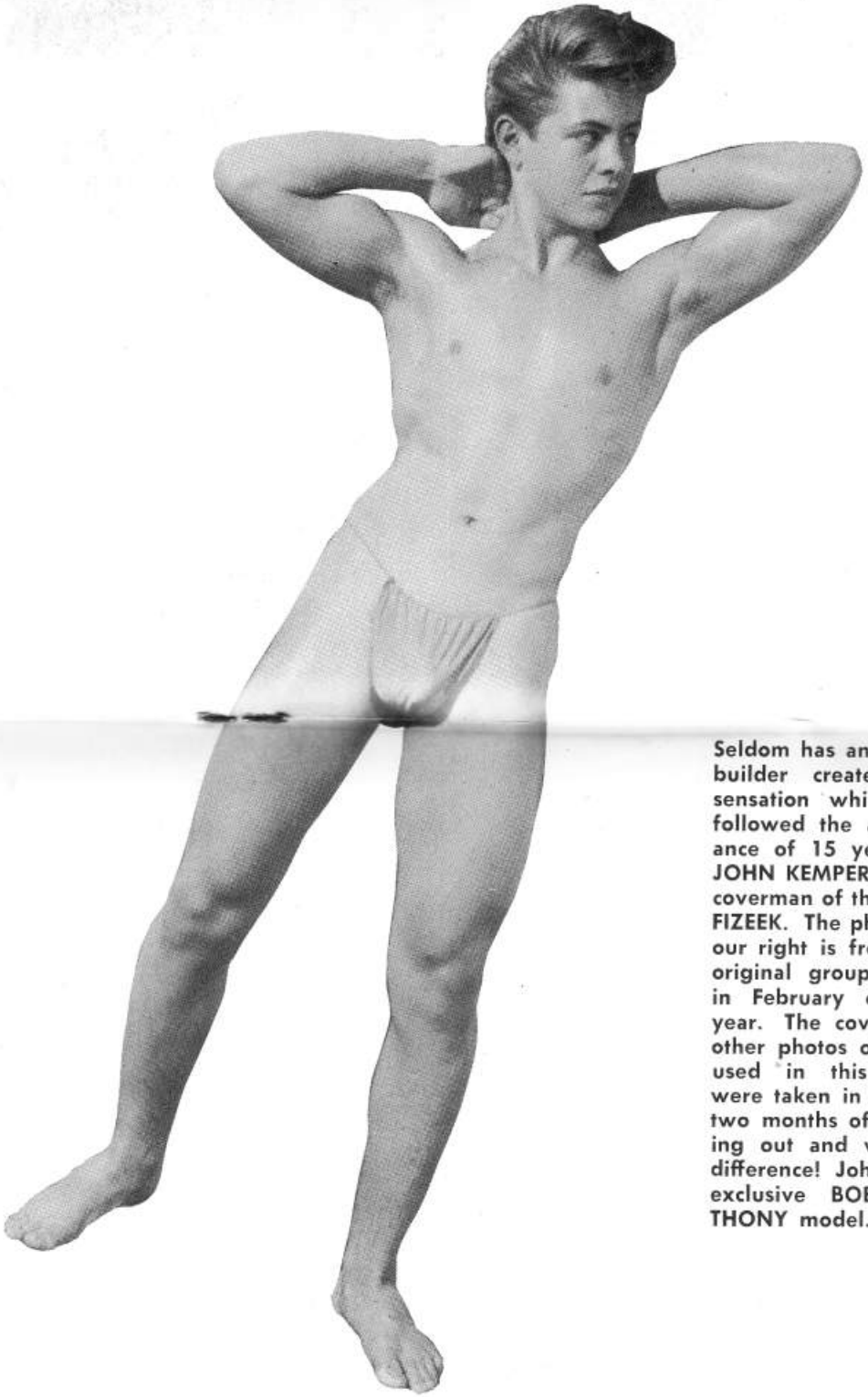
JEAN-PAUL GARCIA, a DOMENIQUE exclusive, and one of London's rapidly rising body builders.

KEITH CHETWOOD, 17, in photos by PAGAN.

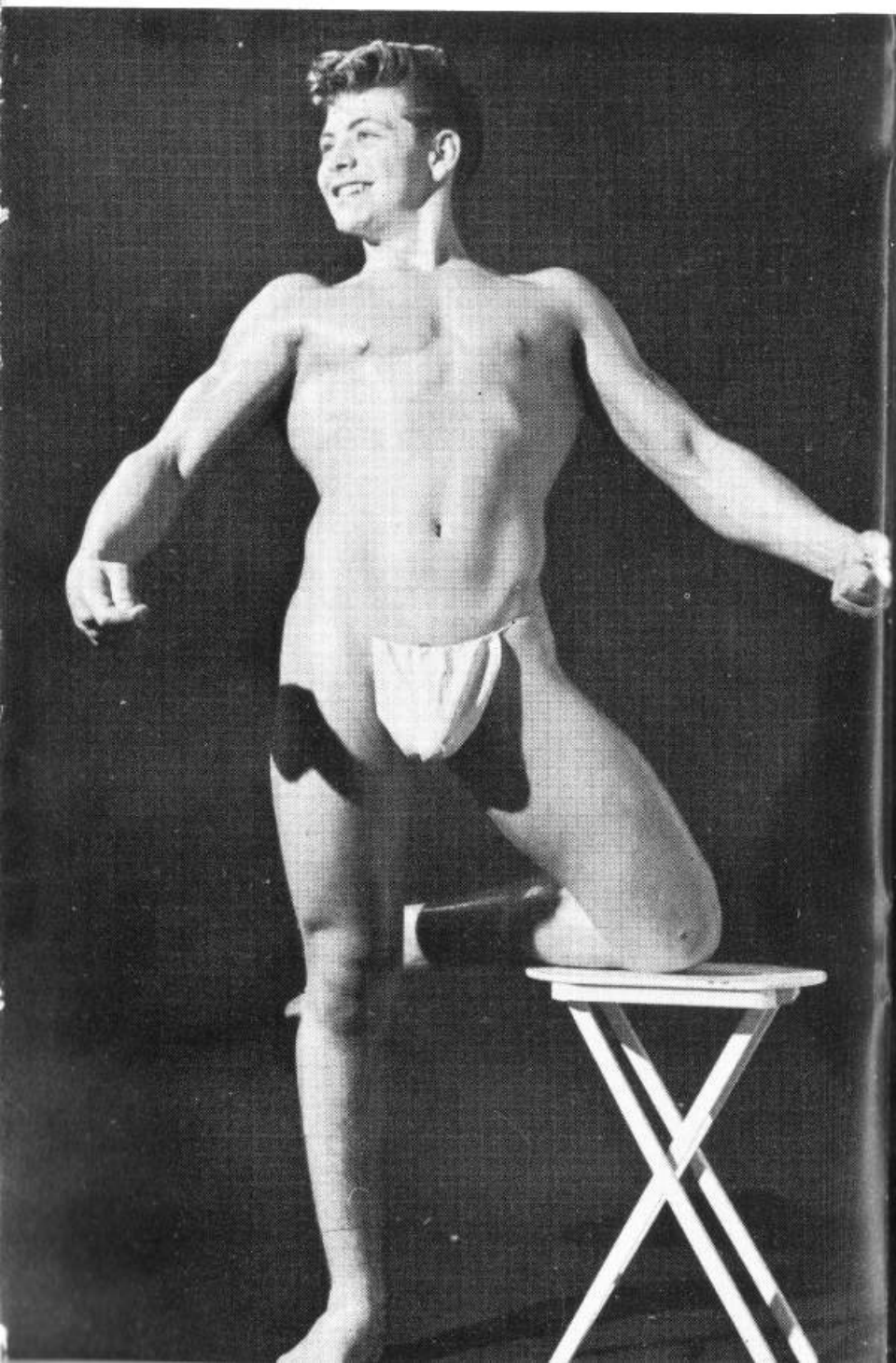


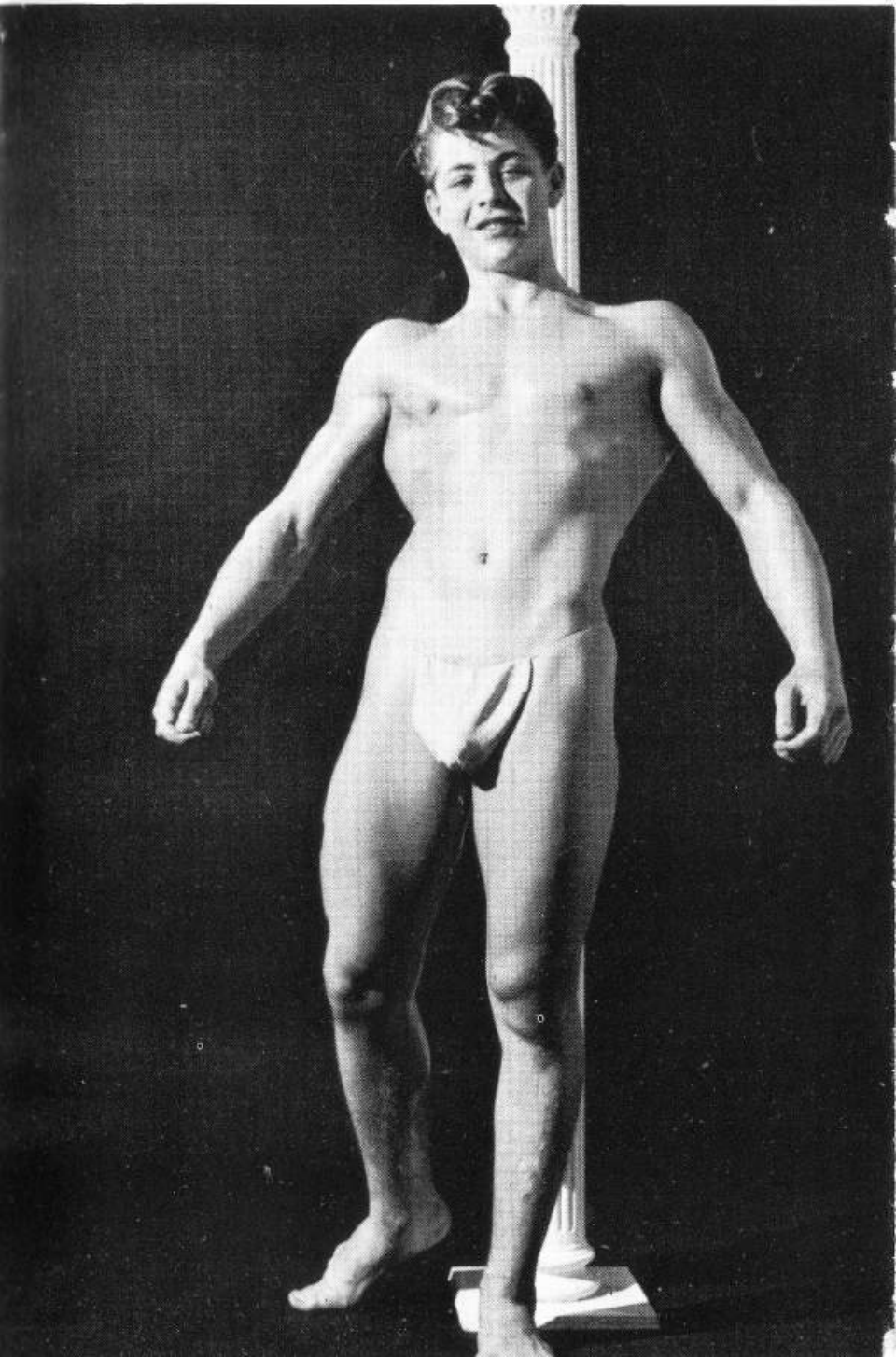




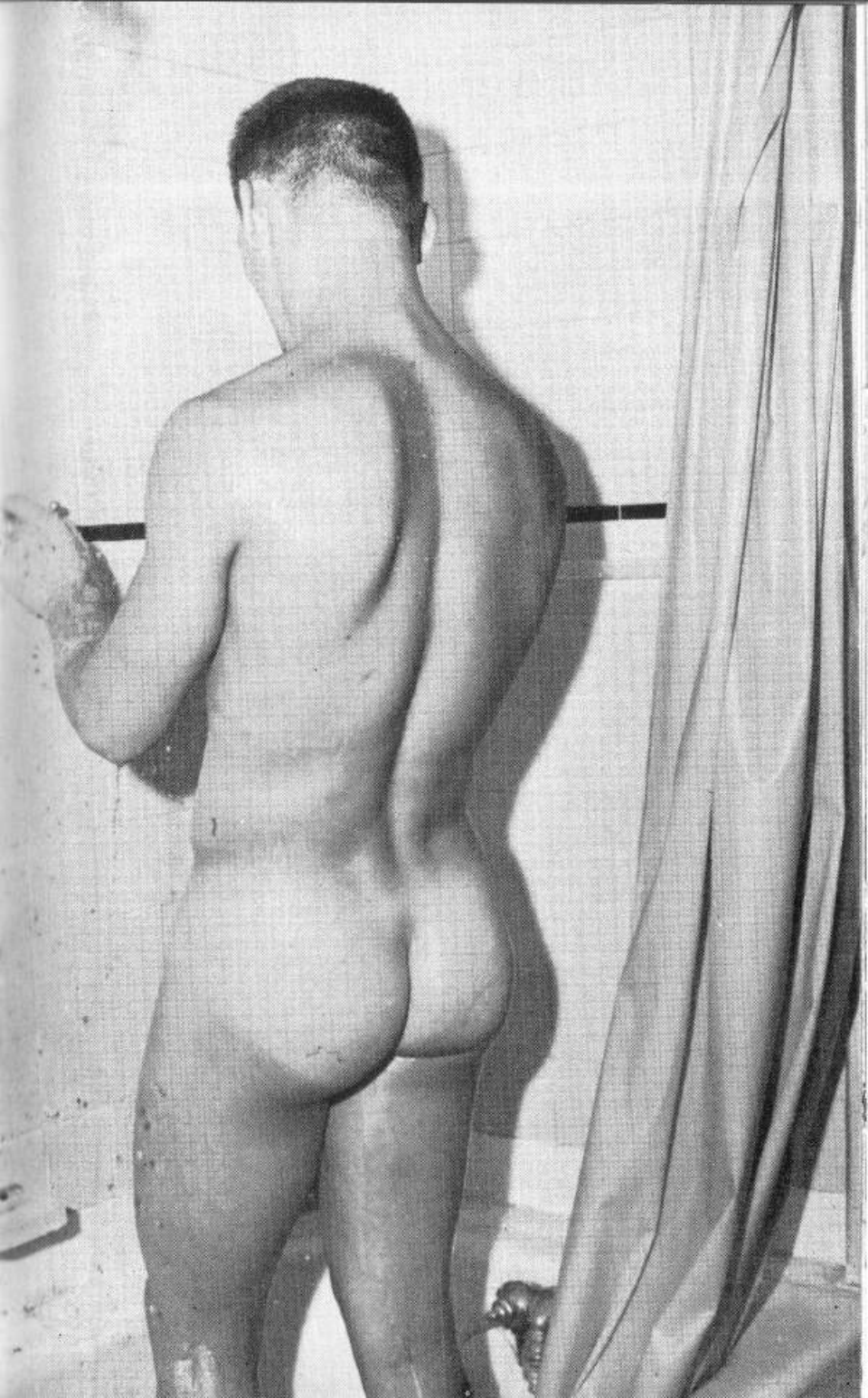


Seldom has any body builder created the sensation which has followed the appearance of 15 year old JOHN KEMPER as the coverman of the April FIZEEK. The photo on our right is from the original group taken in February of this year. The cover and other photos of John used in this issue were taken in April—two months of working out and what a difference! John is an exclusive BOB ANTHONY model.





DICK
COLLIER.
Photos
by
HOMBRE.



TOM CIRELLI.
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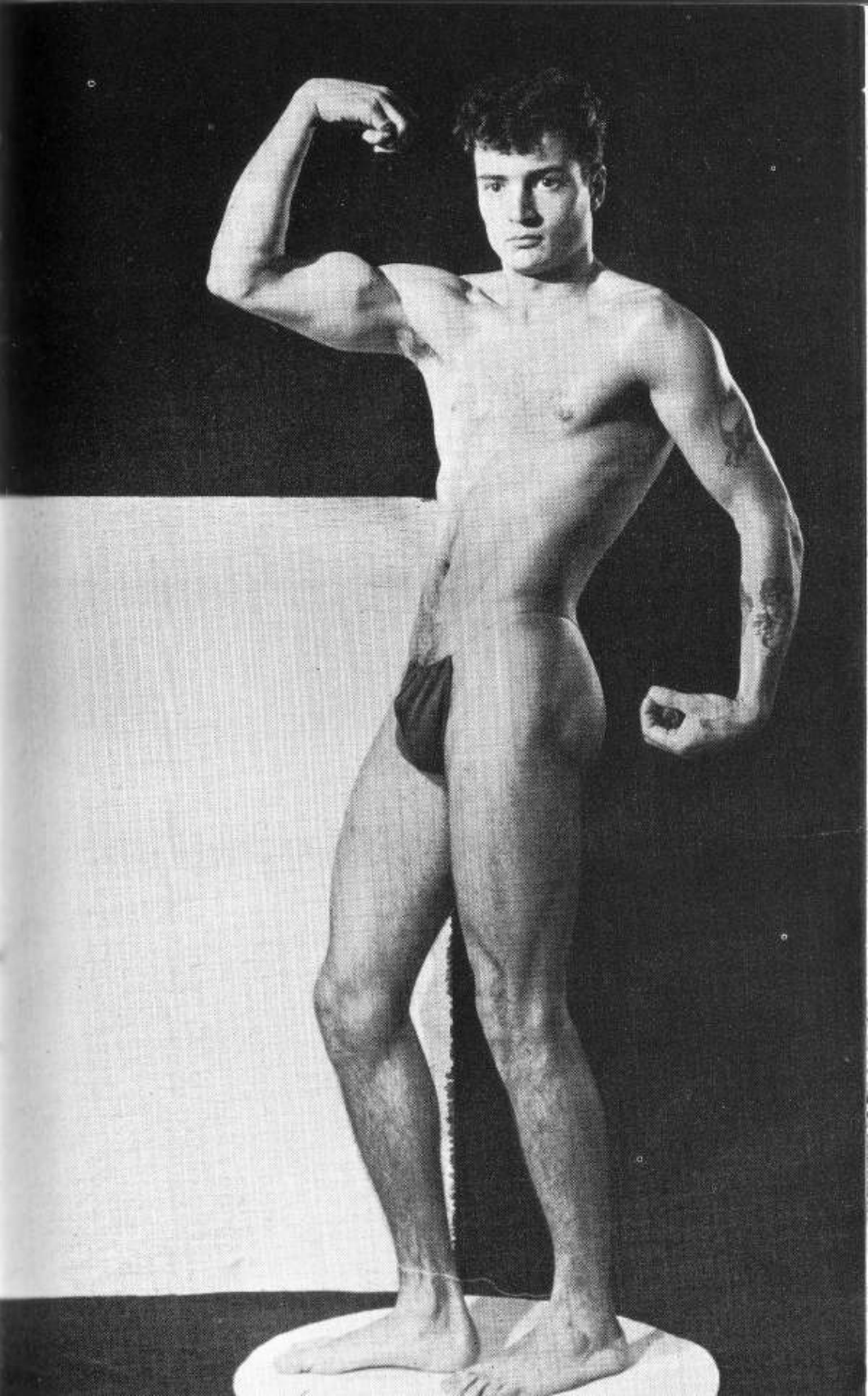
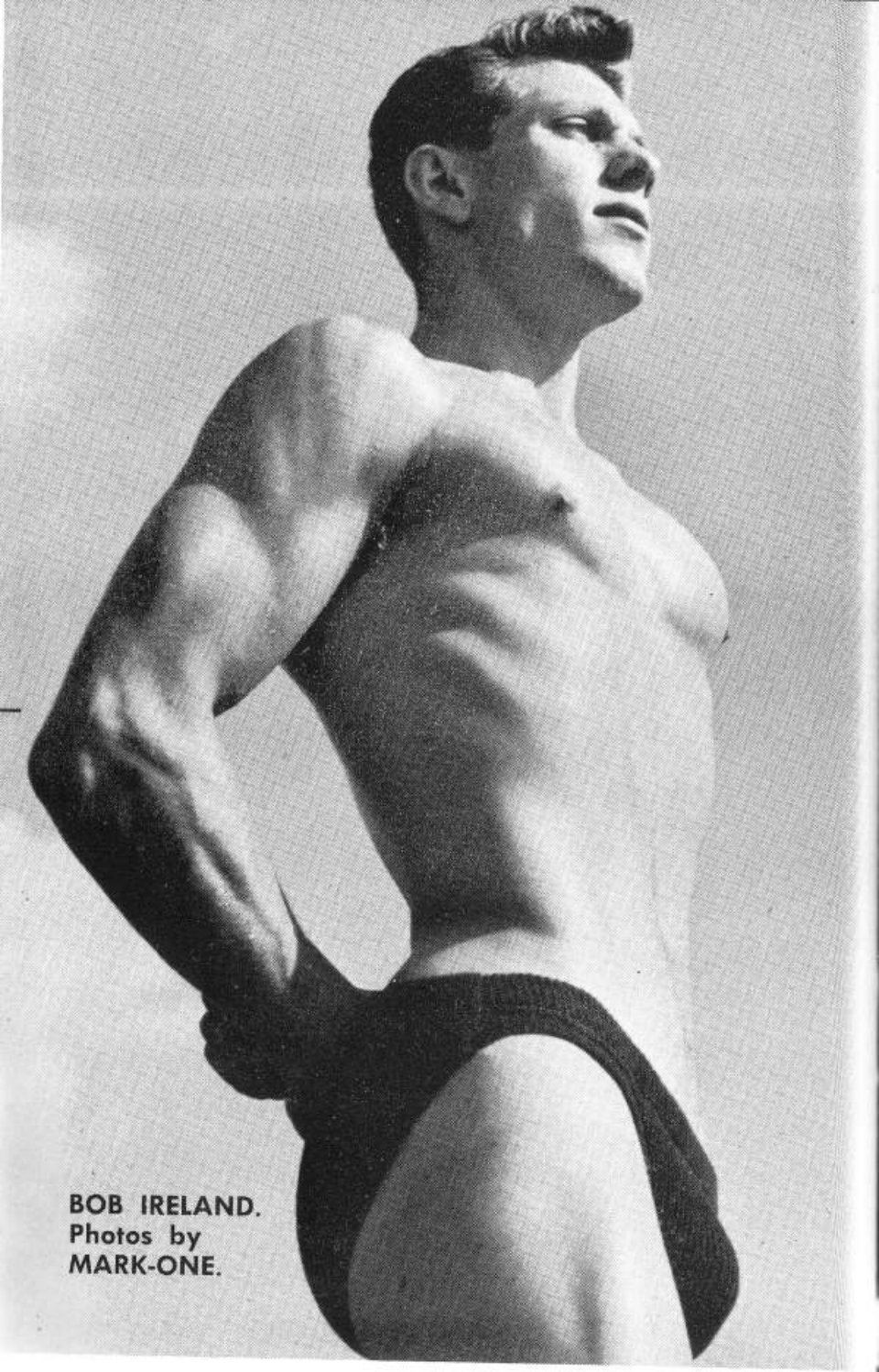
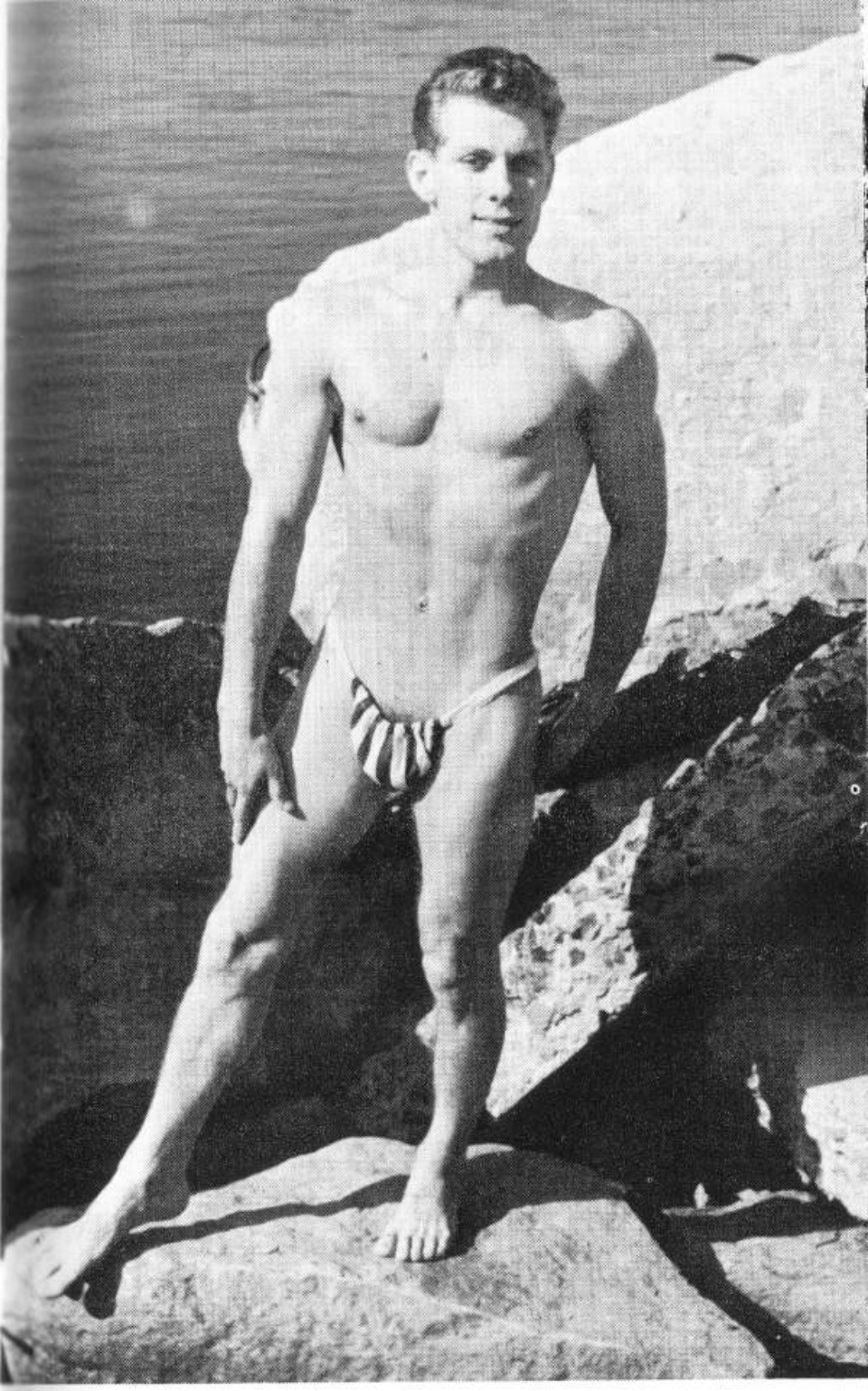
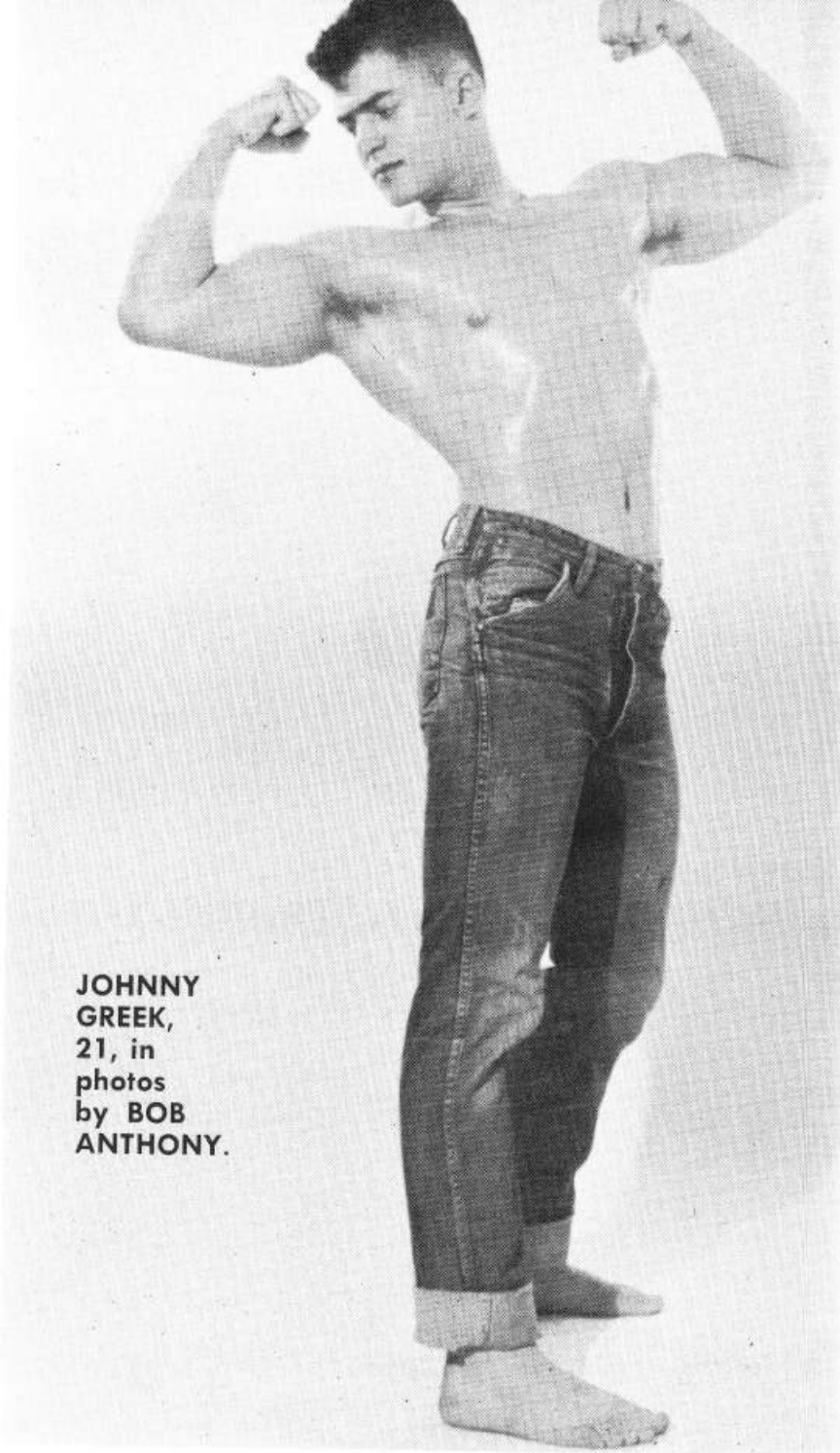


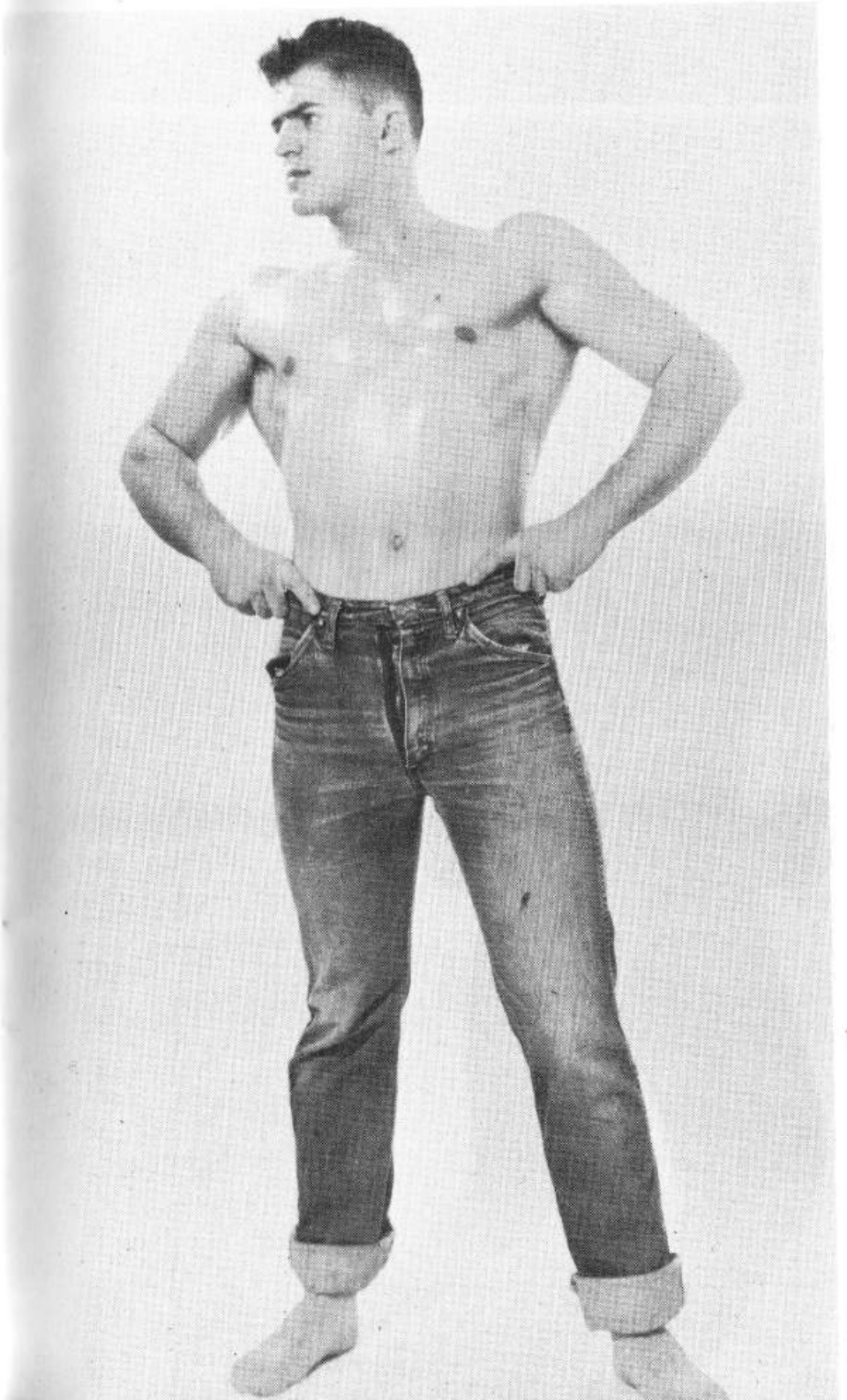


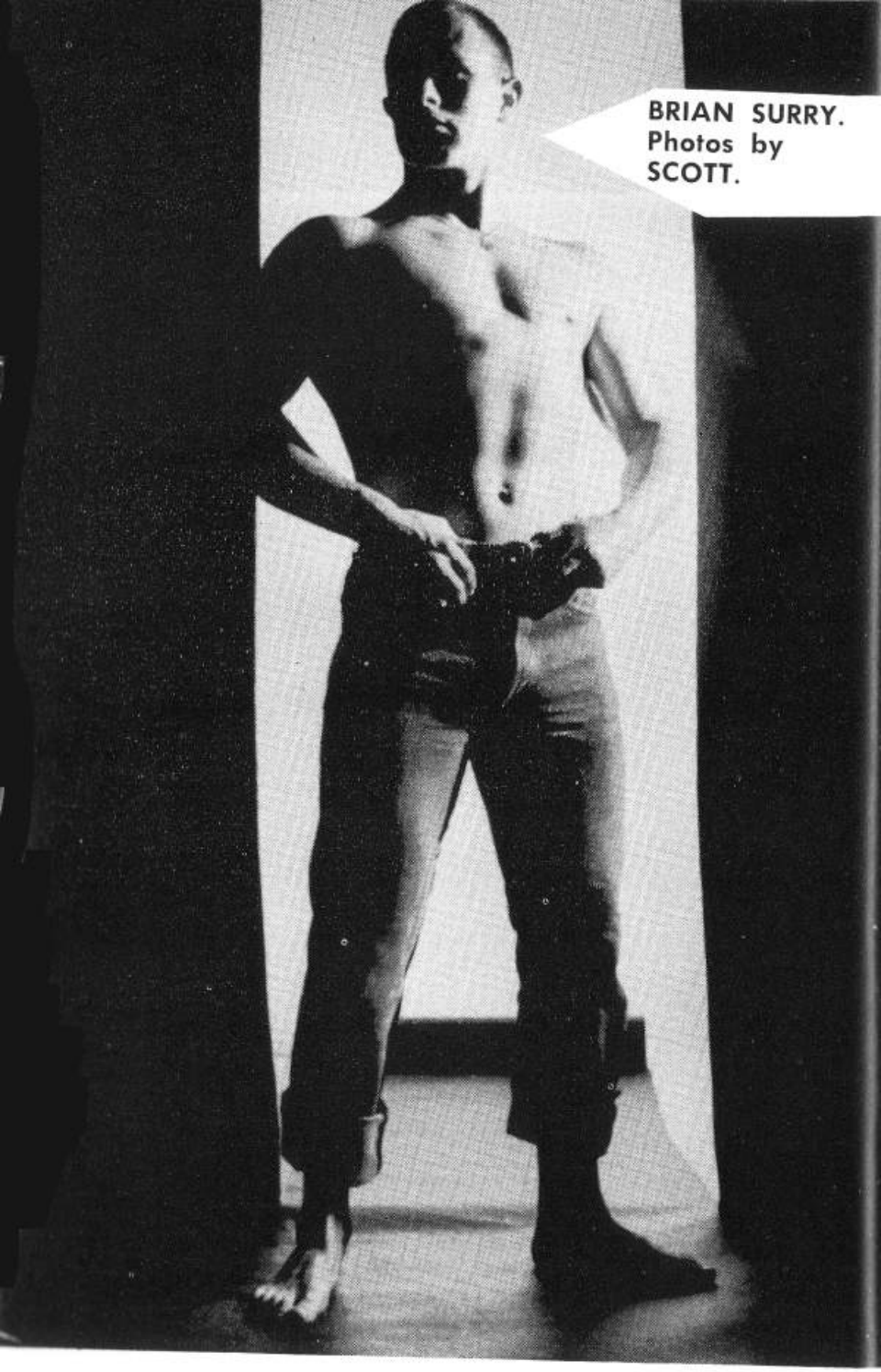
BOB IRELAND.
Photos by
MARK-ONE.

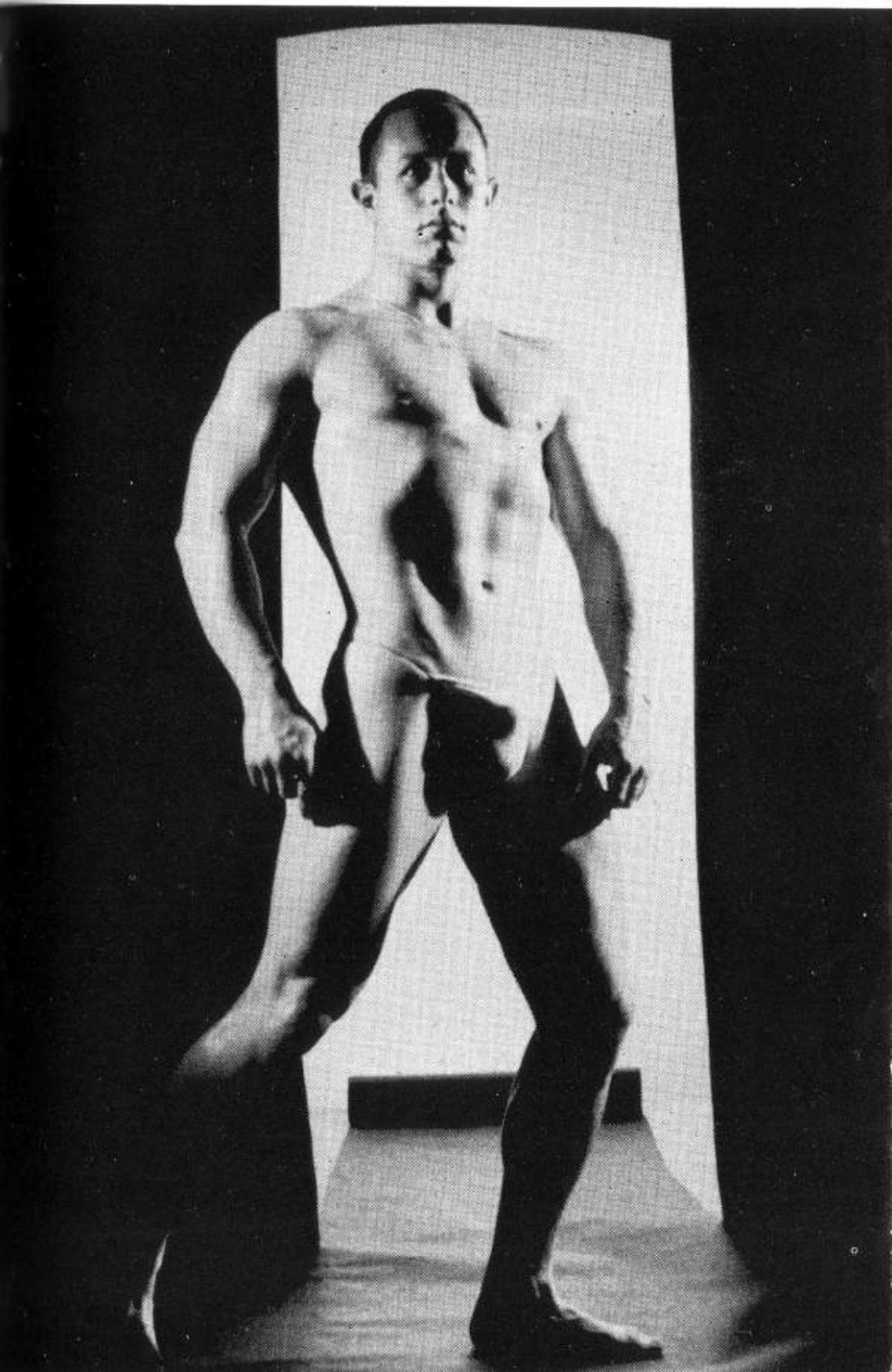




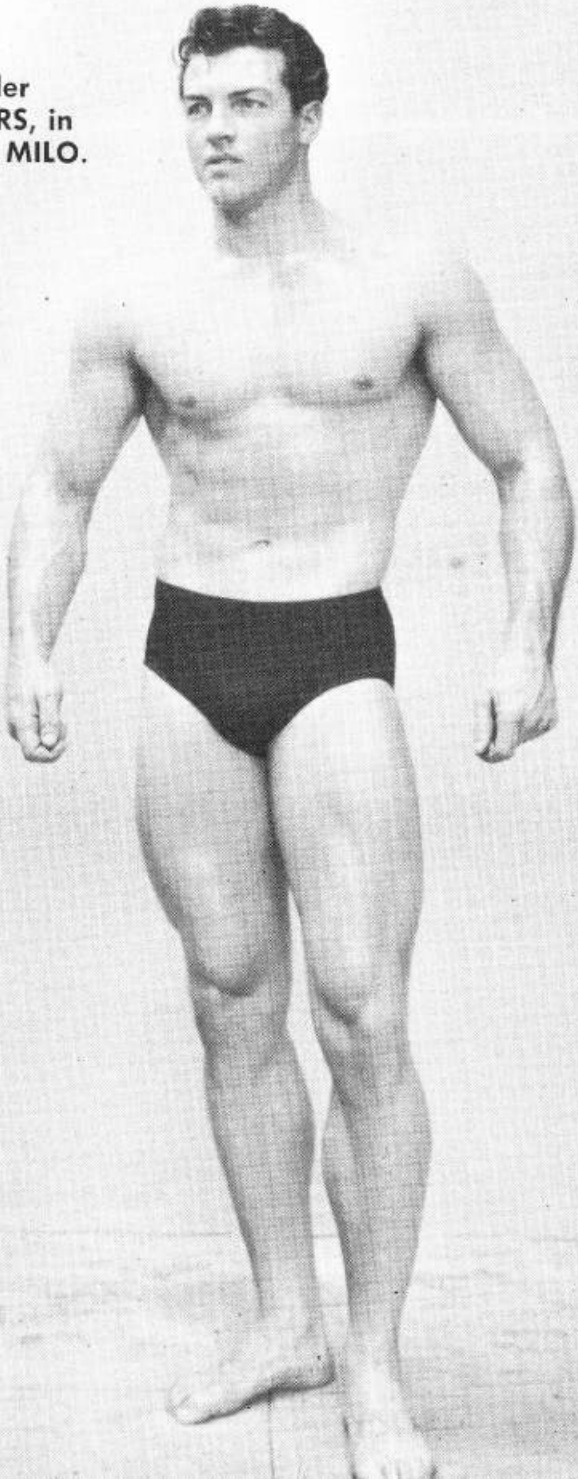
JOHNNY GREEK, 21, in photos by BOB ANTHONY.

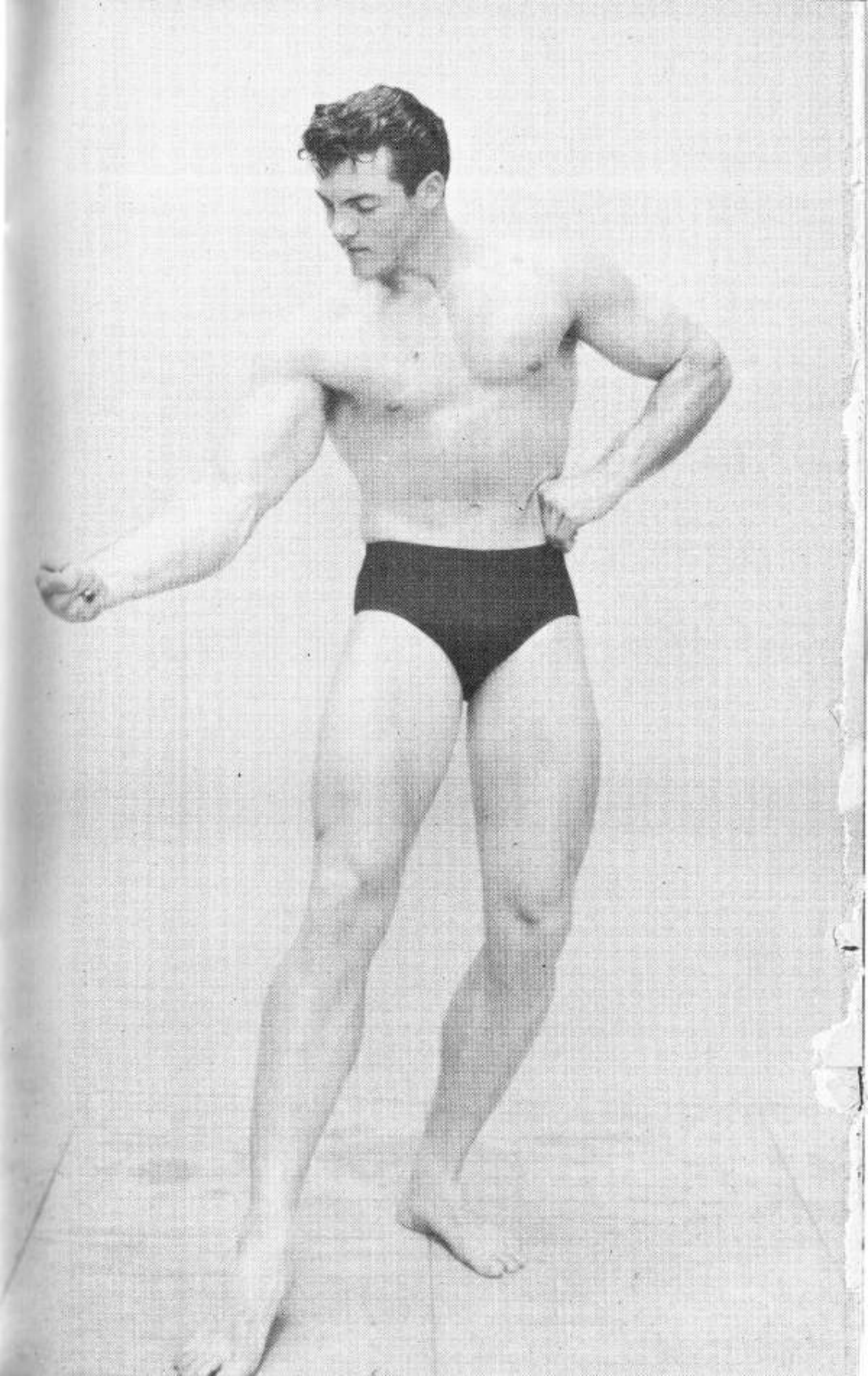


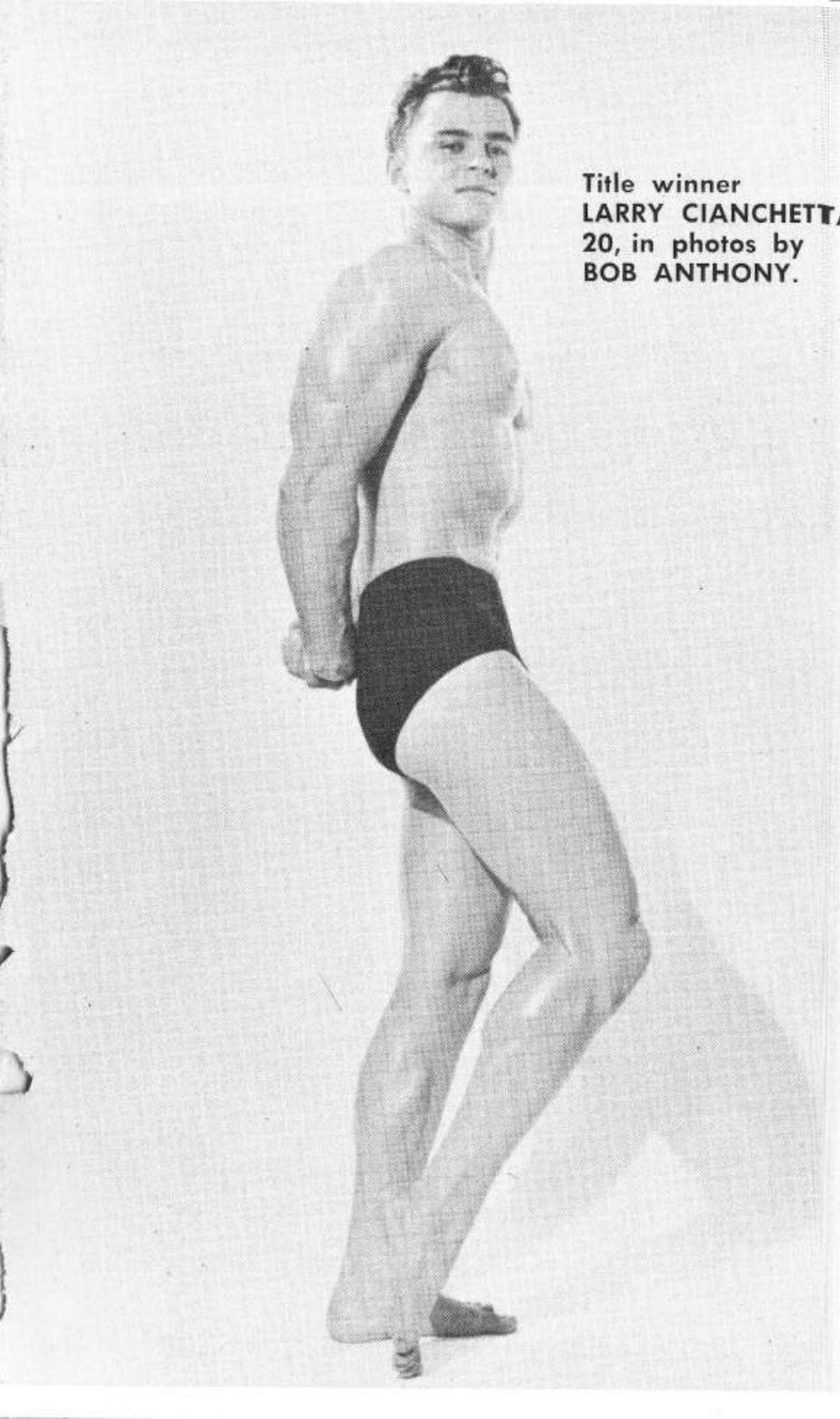

BRIAN SURRY.
Photos by
SCOTT.



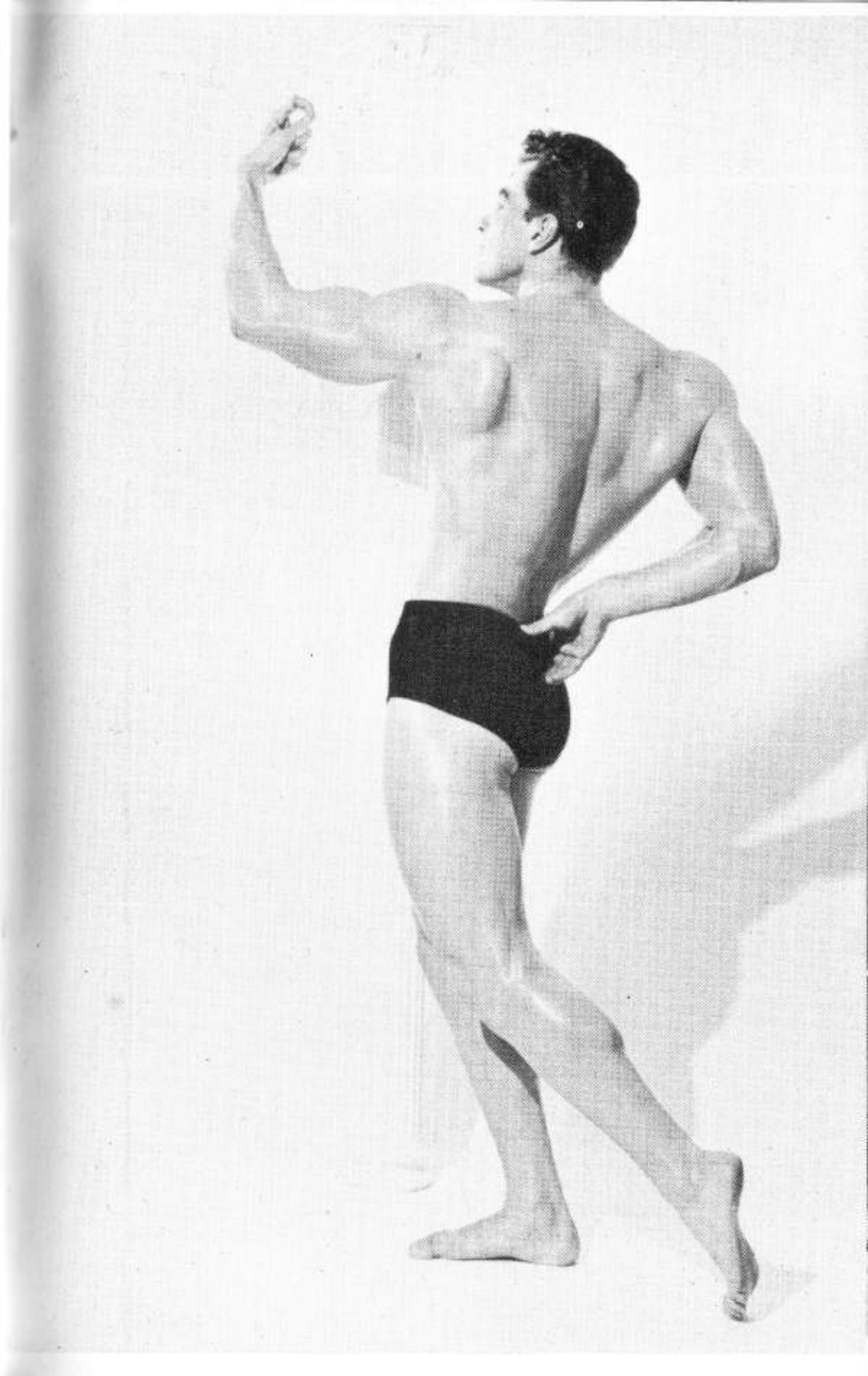
California body builder DON PETERS, in photos by MILO.

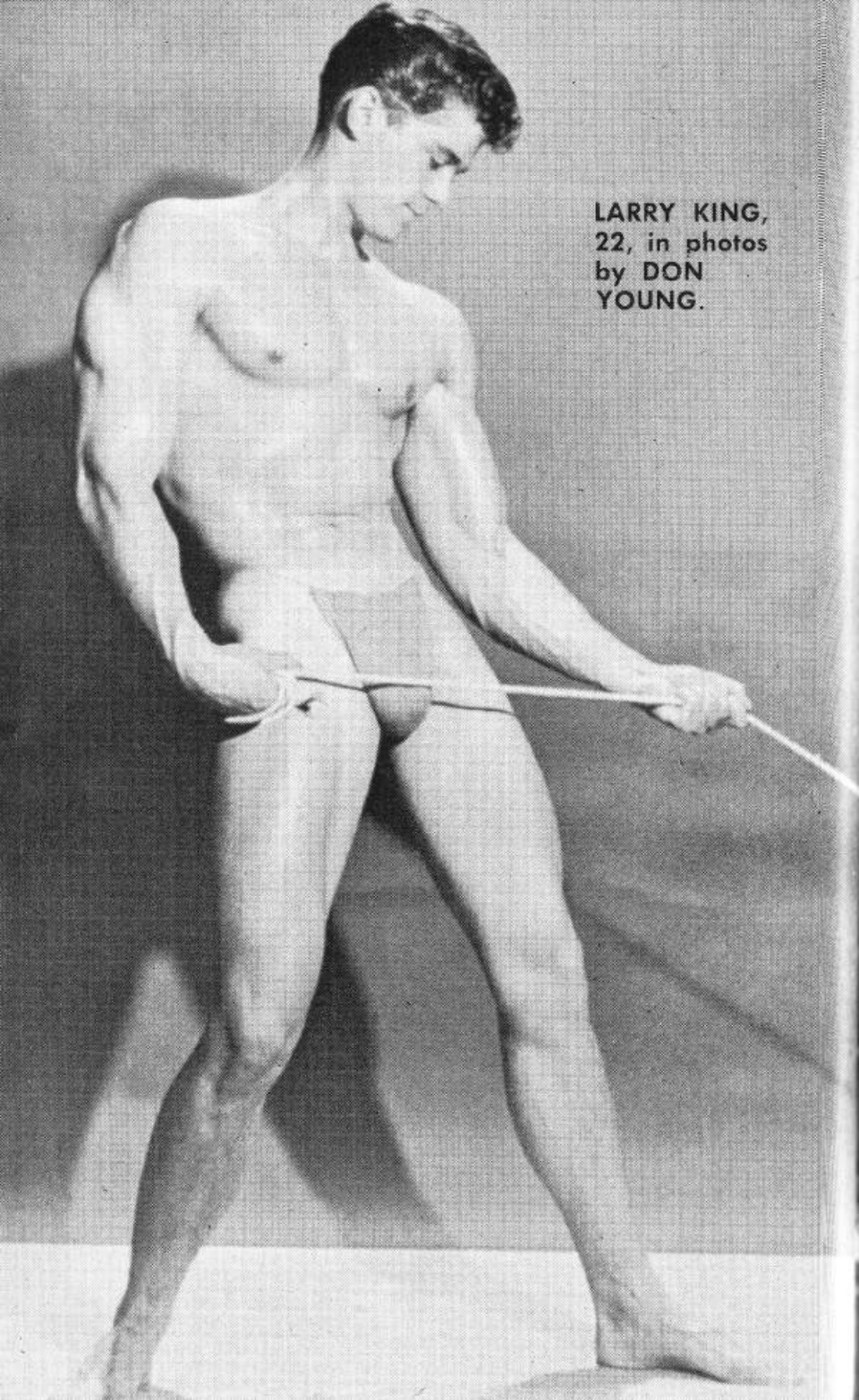






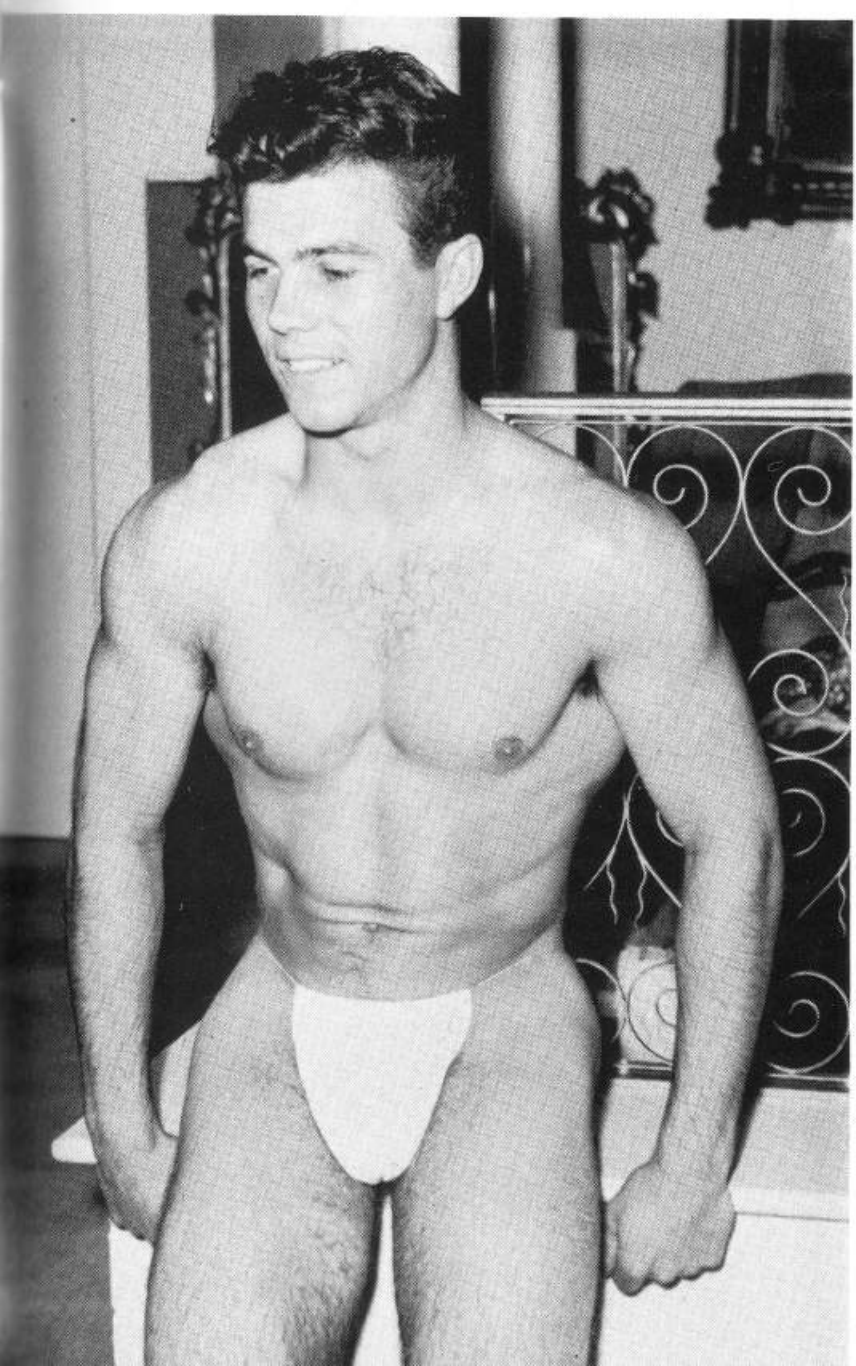
Title winner
LARRY CIANCHETTA,
20, in photos by
BOB ANTHONY.

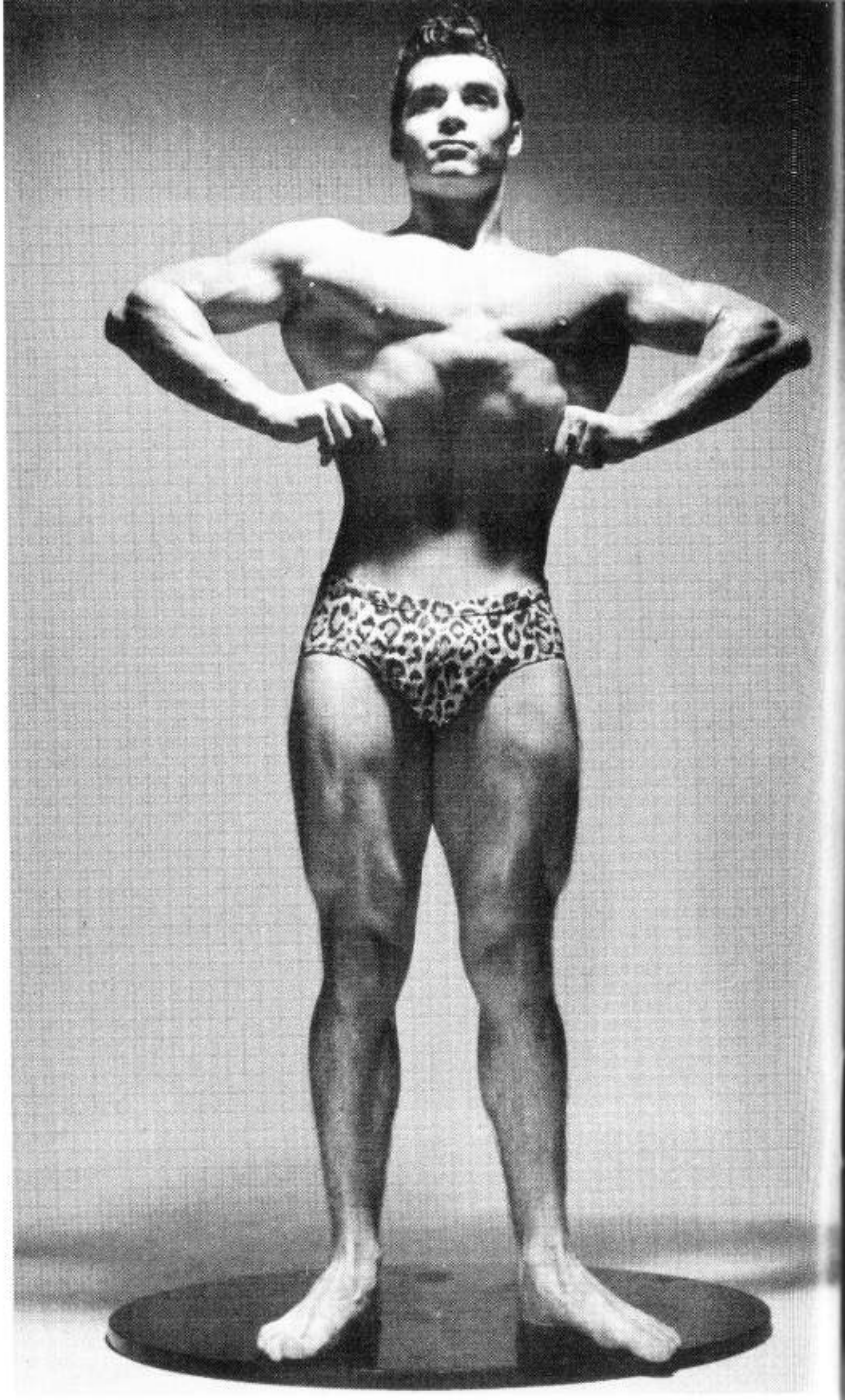




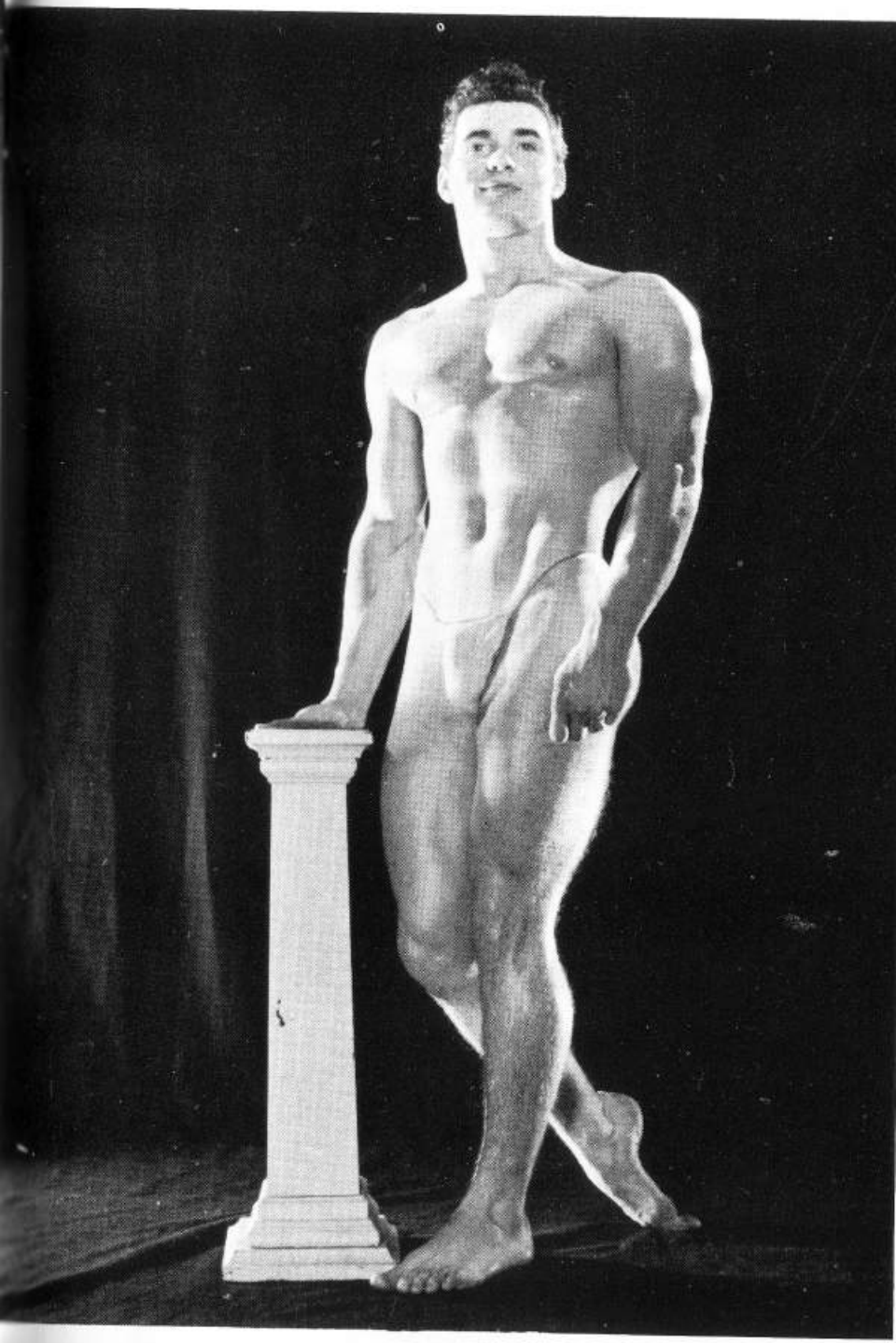
LARRY KING, 22, in photos by DON YOUNG.

DENNIS WHITE. Photos by DOMENIQUE.



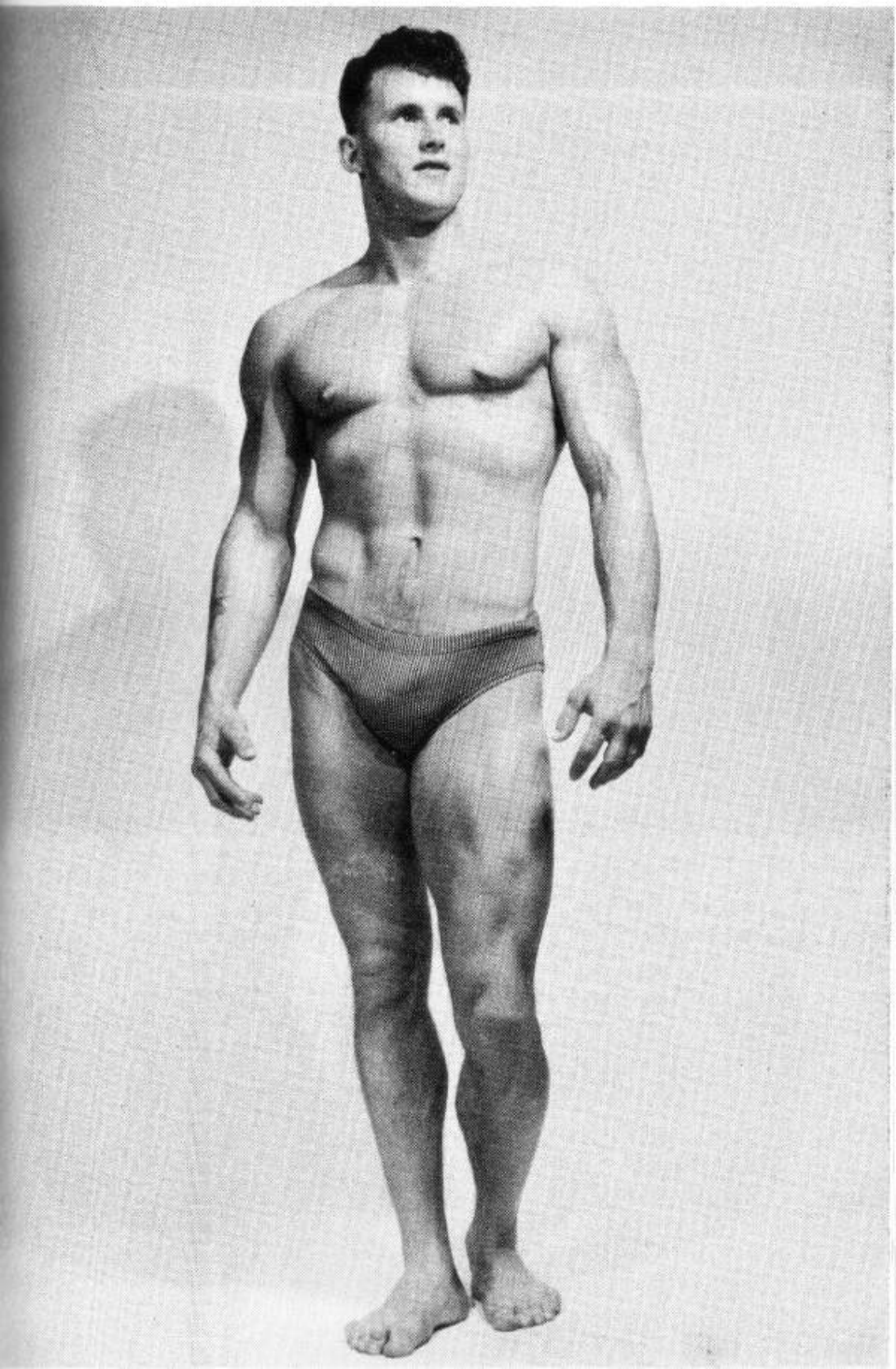


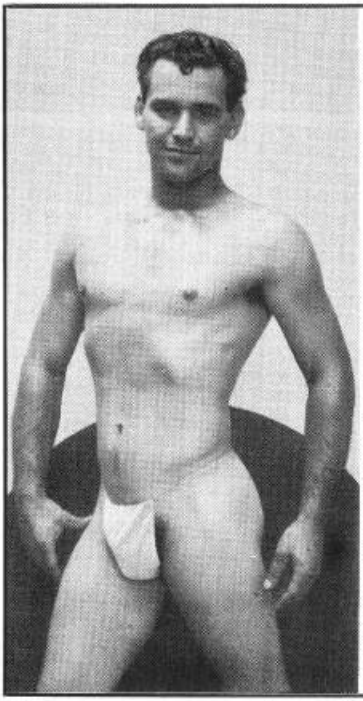
PAUL NASH, "Jr. Mr. Britain," in new photos from ROYALE.



MARCO, 21,
of Mexico,
in photos
from
J. ROME.

QUENTIN SMITH. Photos by ROYALE.





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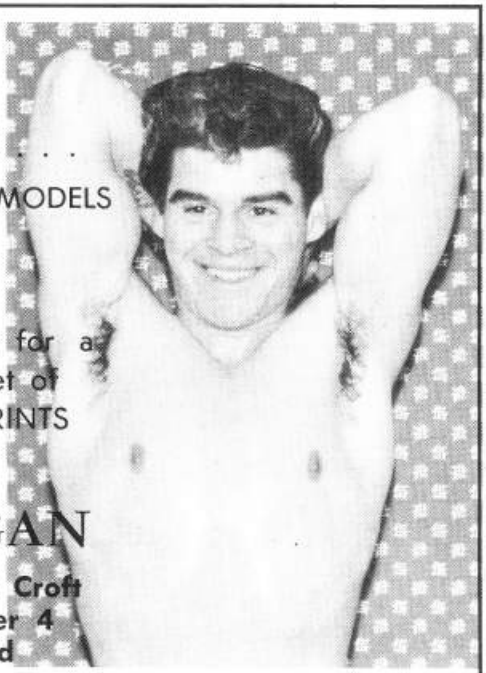

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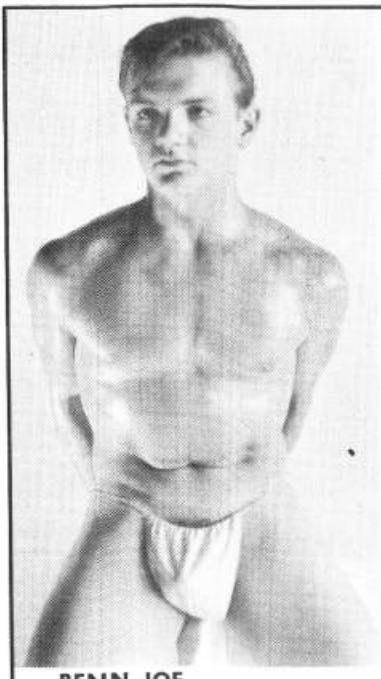

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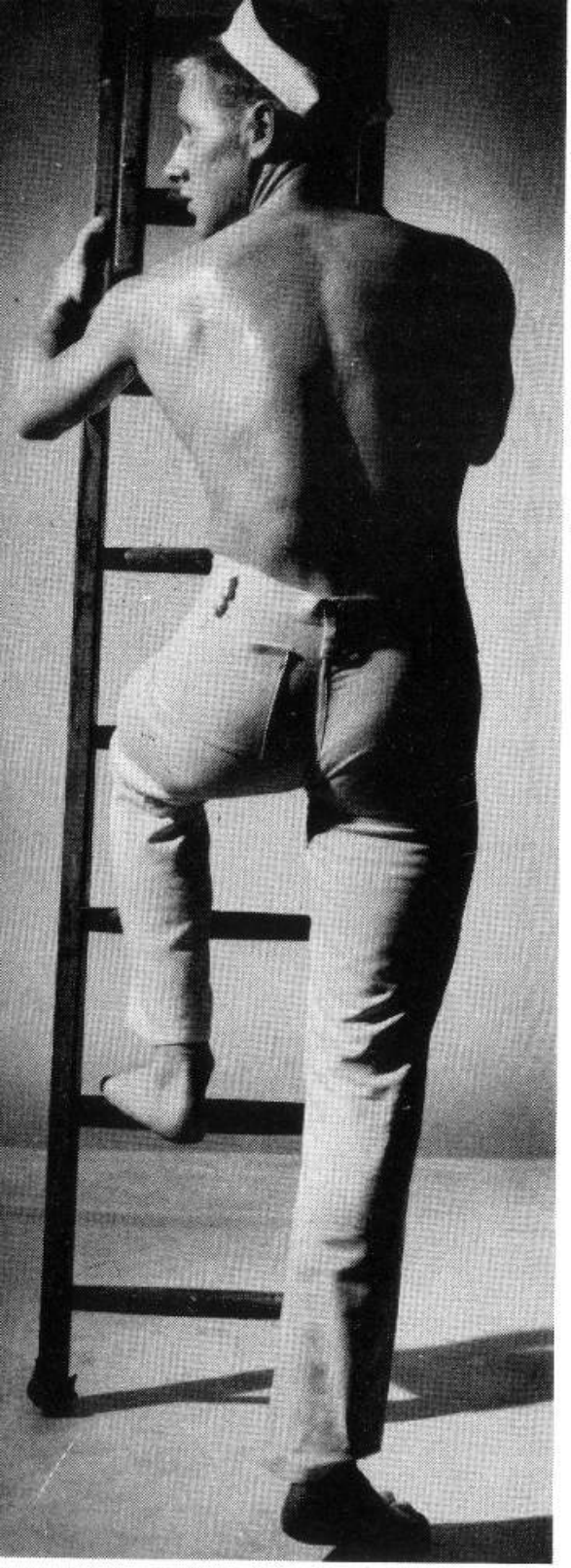

In our June issue you saw a front view of GEORGE STOKES. We complete the picture with this back view.
photo by SCOTT

Fizeek

DIRECTORY

Listed below are the artists and photographers with whose work FIZEEK is familiar and urges its readers to support. Send $1.00 for catalogs. Tell them you saw their work in FIZEEK.

Photographers whose names appear under photo credits but who are not listed in the Directory do not have any photographs for sale.

Adam, P.O. Box 889, Grand Central Station, N.Y. 17, N. Y.
Bob Anthony, 910 West End Avenue, N. Y., N. Y.
Apollo Productions, 5880 Hollywood Blvd., Hollywood, Calif.
Studio Arax, 31 Blvd. Raspail, Paris VIIe, France (Note no catalogs available, Prints $1 Each with a minimum order of six)
Jon Arnt, 111 Eastlake, Seattle, Wash.
Art Bob, 1611 North Ave. 56, Los Angeles 42, Calif.
Atelier Alpha, Box 6239, Johannesburg, South Africa.
Athletic Model Guild, 1834 W. 11th St., L. A. 6, Calif.
Atlas-Trade, P.O. Box 521 Aarau, Switzerland
B & B Studios, P.O. Box 65983, Glassel Sta., Los Angeles 65, Calif.
BM/VADC, London W.C. 1, England
Glenn Bishop Studio, P.O. Box 461, Grand Haven, Mich.
Bruce, 11762 Kensington Road, Los Alamitos, Calif.
Cal-Model, Box 285, San Francisco, Calif.
Photo by D. P. O., Box 183, Old Chelsea Station, N. Y., N. Y.
DeZign, Box 7403, Benj. Franklin Station, Wash. 4, D. C.
Domenique of London, Suite 35a, 119 Oxford St., London
Emerald Pictures P.O. Box 352, Bellmore, N.Y.
Etienne, P.O. Box 1251, Chicago 90, Ill.
Eurphoto Muscles, Rue Haute 17, Andrimont, Belgique
Florida Model Guild, Box 33-331, Coconut Grove, Florida
Forca e Saude, Rua Da Gloria 32, Apt. 702, Rio de Janeiro, Brazil
Foto Grafo, P.O. Box 326, Sundbyberg, Sweden.
Fredon, Box 1407, Milwaukee 1, Wisc.
Free Lance Studio, 102 Amity Street, Hartford, Conn.
Dick Harrison, P.O. Box 46723, L.A. 5, Calif.
Al Heinecke, 150 Clear Stream Road, Lakewood, N.J.
Jock Studio and Agency, P.O. Box 404, Johannesburg, Transvaal, South Africa.
J-Rome, Box 2303, Hollywood 28, Calif.
Kris Studio, Box 1251, Chicago 90, Ill.
Mark-One, Box 32, Lachine, Que., Canada
William MacLane Studios, P.O. Box 9012 Queen Ann Sta., Seattle 9, Wash.
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North Star, 21 Wascana, Toronto, Ont., Canada
Pacific Films, 716 Key Route Blvd., Albany, Calif.
Pagan, Wellington, Chambers, Nicholas Croft, Manchester 4, England.
Paignton, 86, Castelnau, Barnes, London, S.W. 13, England
Grover Reagan, 17 Degraw Ave., Teaneck, N.J.
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Royale, 110 Denbig St., London S.W. 1, England
John Ryan, 803 Mt. Royal, East, Montreal, Que., Canada
Sven Scheme, Erstagatan 24, Stockholm So., Sweden
Scott, Number One, Orme Court, London W. 2, England
The Sophisticate, 6 Normal Blvd., Glassboro, N.J.
Spartan, Box 46905 West Branch, L.A. 46, Calif.
Spectrum, P.O. Box 35, Sta. E., Cincinnati 19, Ohio
TYC, Box 365, El Cerrito, Calif.
Titan, P.O. Box 1313, San Francisco, Cal.
Al Urban, 406 E. 73rd St., N.Y. 21, N.Y.
Ken Wallace, P.O. Box 38471, Vine Sta., L. A. 38, Calif.
Wessart Studio, P.O. Box 4293, Portland 8, Ore.
Western Photography Guild, Box 2801, Denver 1, Colo.
Don Wight, 67 Bedford St., New York 14, N.Y.
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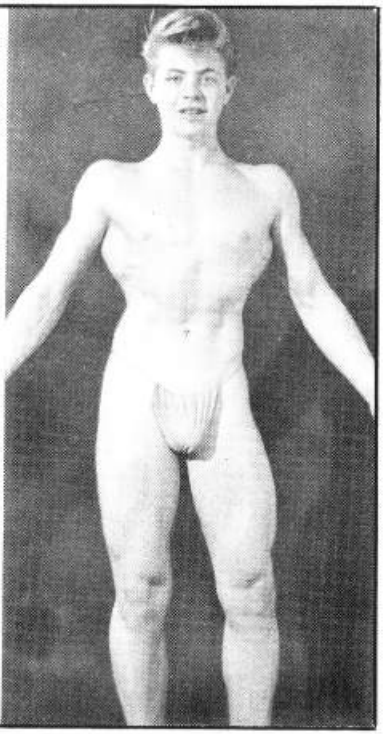

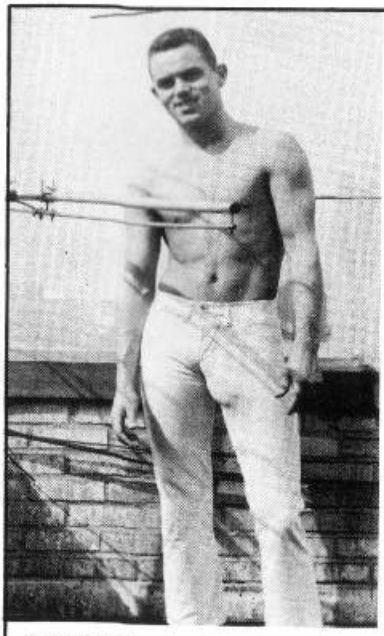

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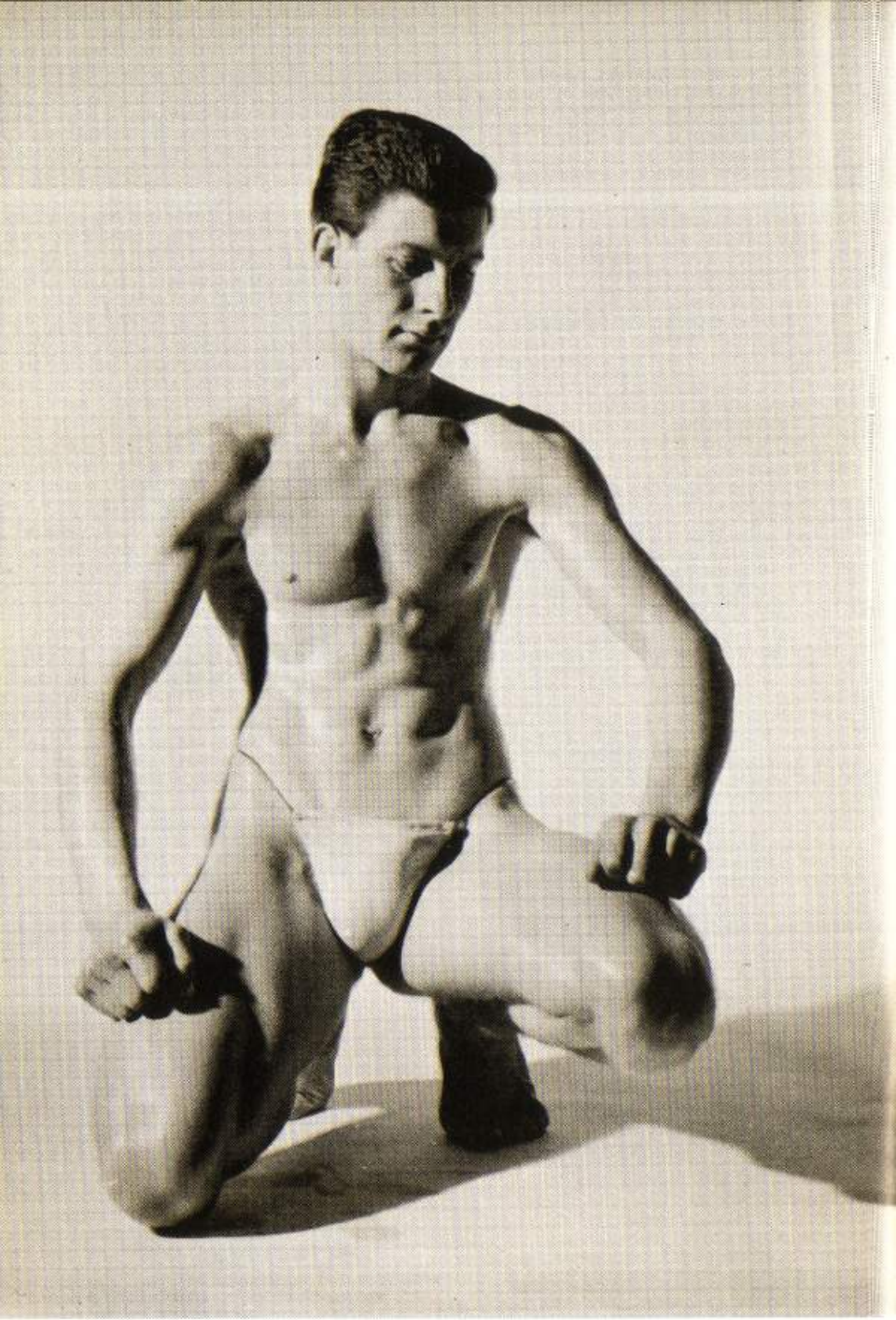
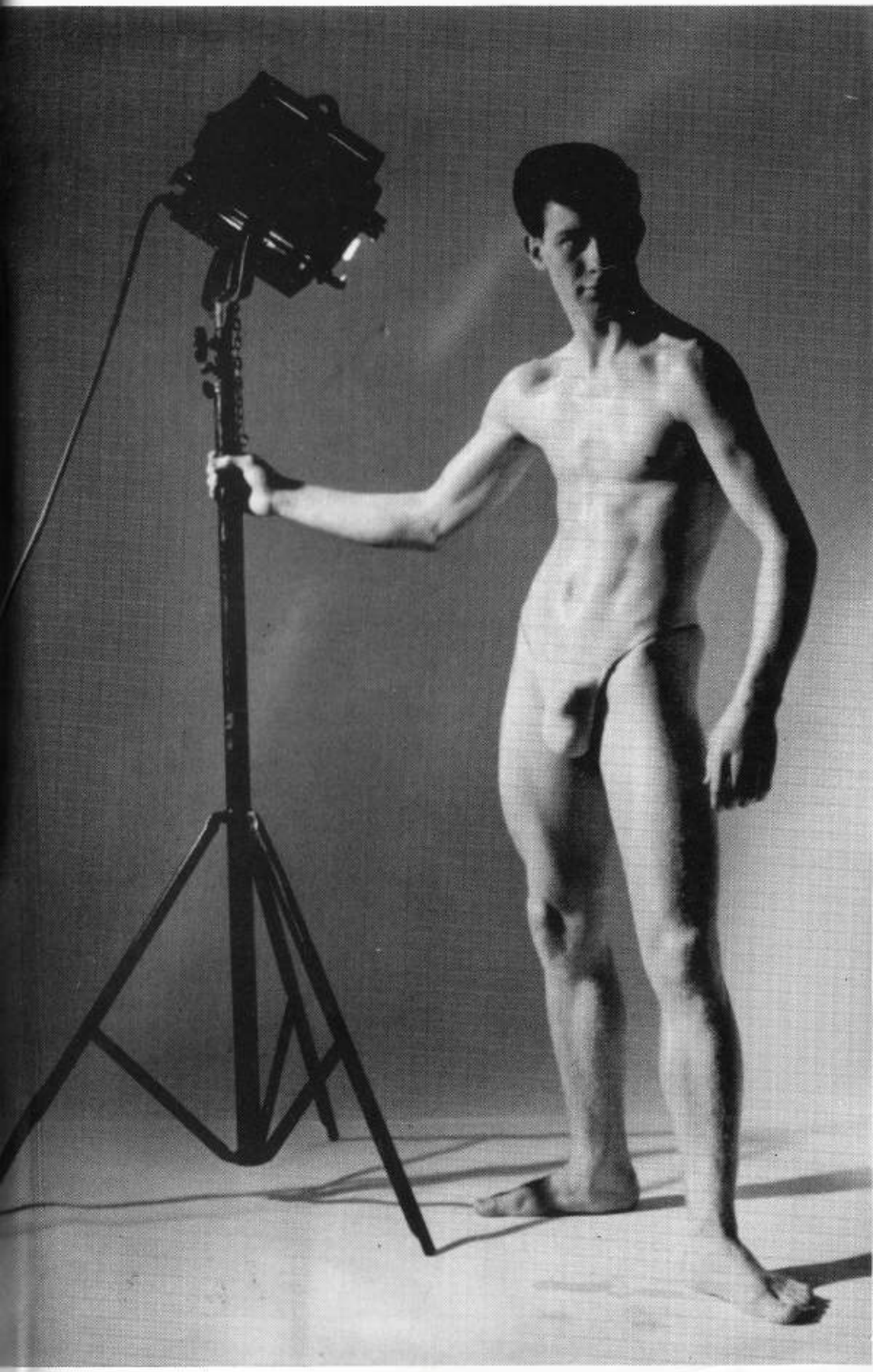
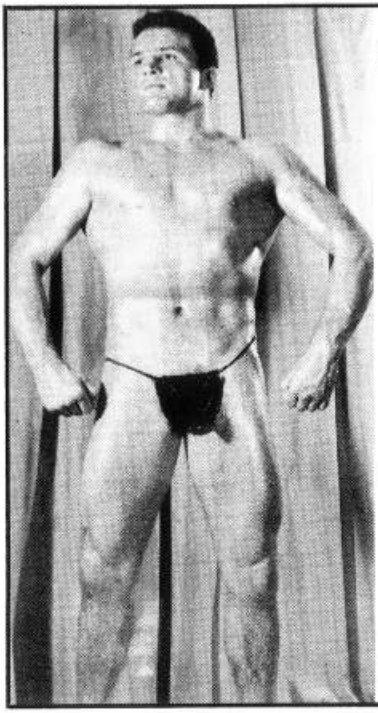


DEREK TAYLOR. **Photos by SCOTT.**





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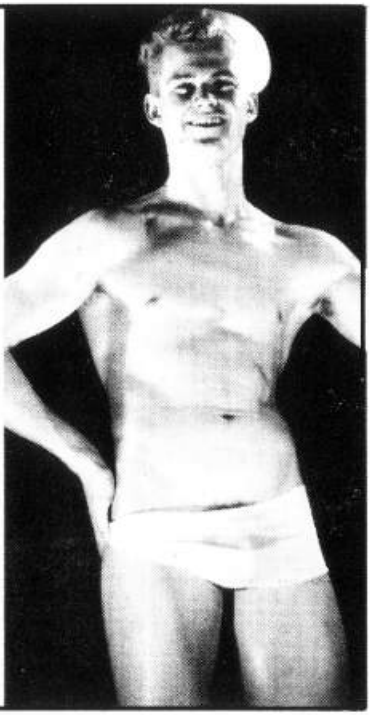
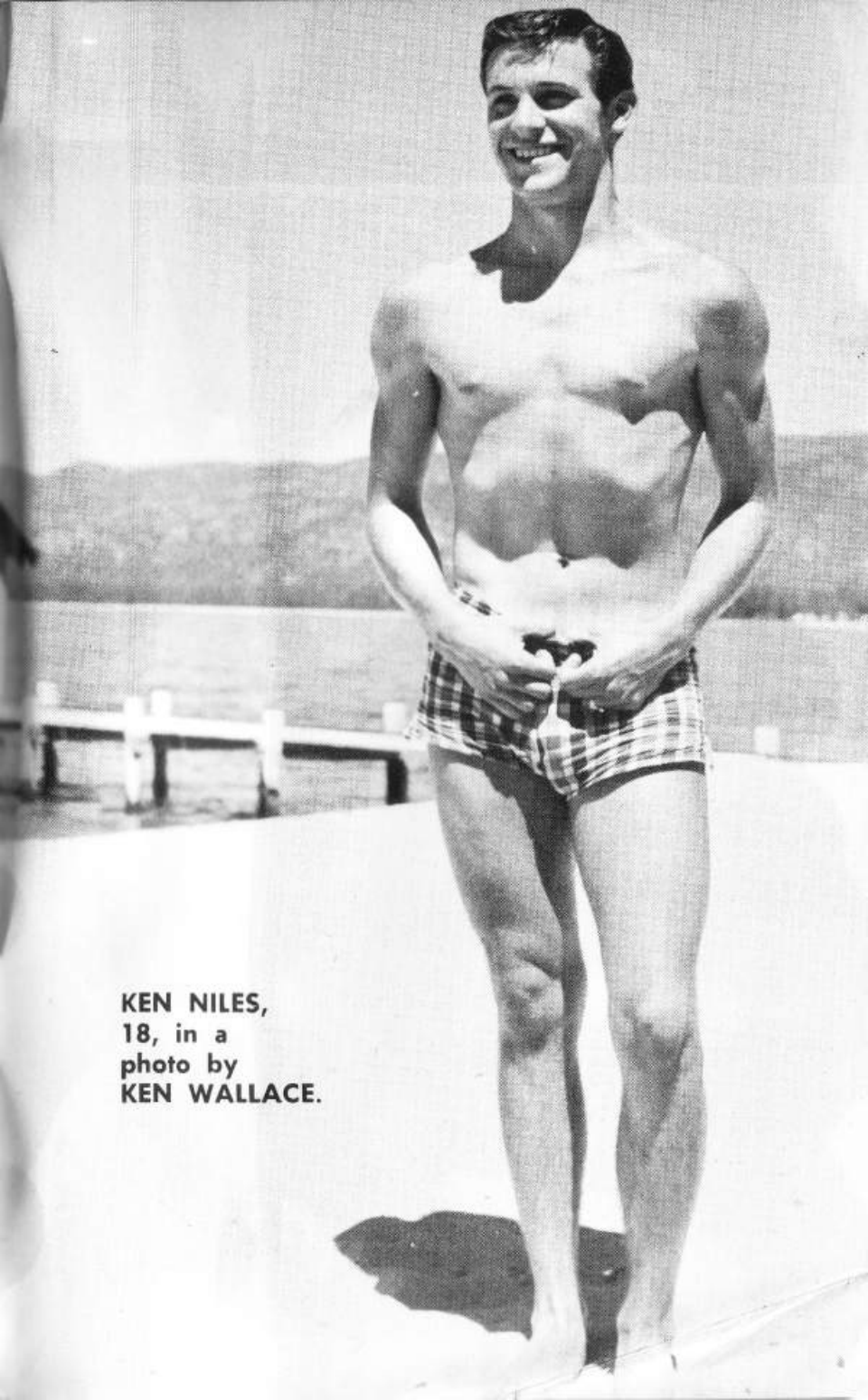
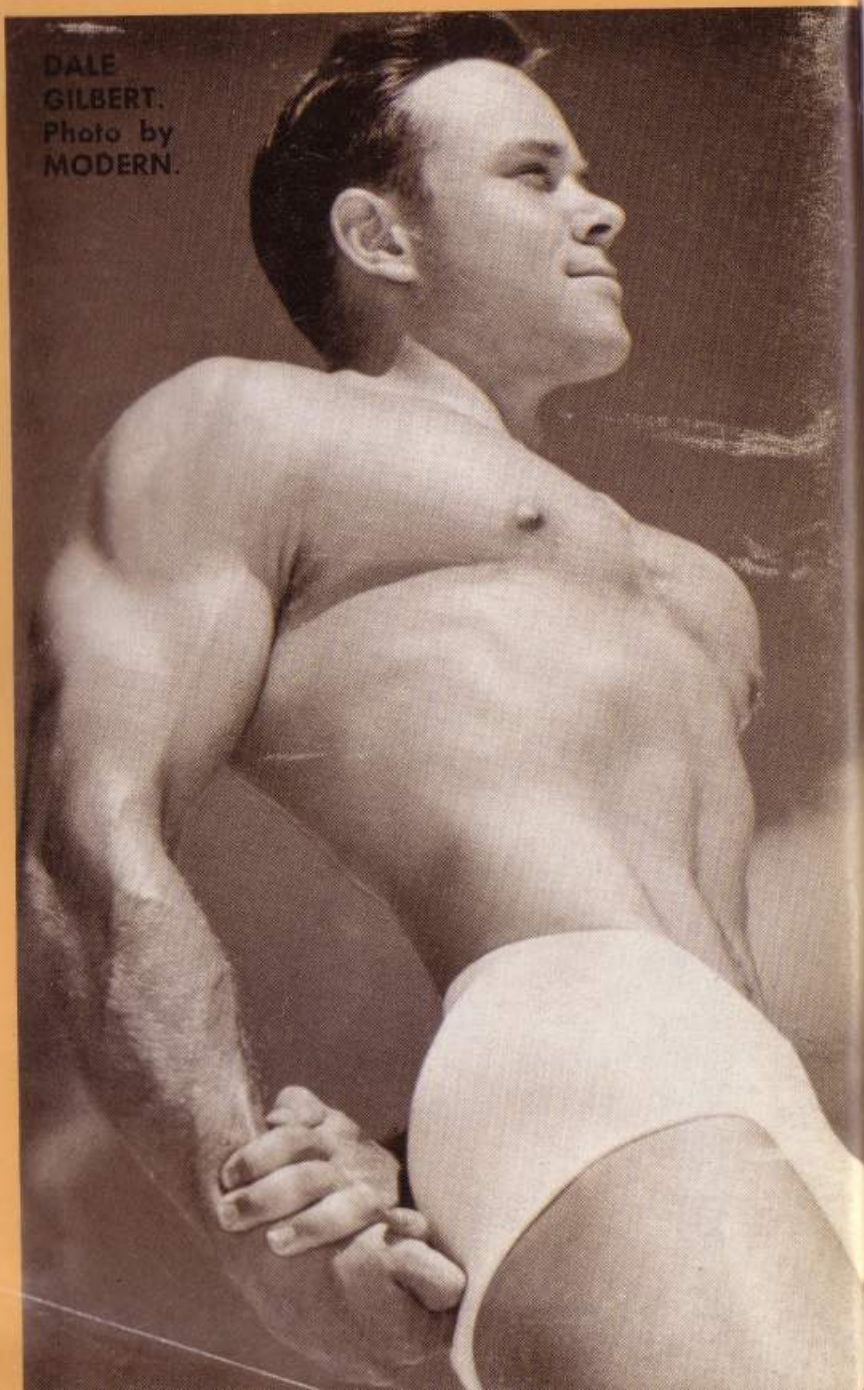




KEN NILES,
18, in a
photo by
KEN WALLACE.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